



Watchkeeper's Log

The Rotary Club of Hunstanton and District



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Inside this issue:

Rotary Relief Reaches Burma	2
BBQ...	3
Golfing Rivalry	3
Coals to Newcastle?	4
Men Working Signs	4
4 Wheeled White Elephant?	5
Dobby's in put?	5
Surgical stockings stripped my dignity!	6

For your diary:

- 25 June 'Change Over' - Le Strange Arms Hotel
- 6 July Craft Fair - Town Hall Hunstanton
- 19/20 July Norton Hill Light Railway Weekend
- 27 July Sunday Lunch - 'Woden'
- 30 July Indoor Bowling - 'Oasis'
- 17 August Kite Festival

Items for inclusion in the next Newsletter should be handed to Mike Darlington by 31st August 2008. Articles should be of no more than 350 words long.

Friends of Rotary

The following article by Terry Gooding relates to something that works well in many parts of RIBI although the concept of "Friends of Rotary" does not have any official status in RI or RIBI. Any individual's status as a "Friend of Rotary" should not be a permanent situation. Friends of Rotary can be very effective in ultimately getting new Rotarians. Watchkeeper

'Friends of Rotary' the thoughts of District Communication Chairman Terry Gooding District 1070

The following procedure is designed to help your Rotary Club spread its appeal to potential members and at the same time increase support for your Club's social and service activities through the formation of a 'Friends of Rotary' group.

Background

Many Rotary Clubs draw on friends, colleagues and relatives for support when fulfilling service or fundraising projects. Some of these people are potential members who may have been invited to join Rotary already but are unable to commit themselves for a variety of reasons. However, they are prepared to support our ideals of service and enjoy attending our social events. It is indeed a benefit that these 'Friends of Rotary' are around to help us from time to time.

By keeping in touch with them on a regular basis there is a greater chance that they might wish to join Rotary in time.

Forming a 'Friends of Rotary' Group

It has been confirmed by RIBI that a 'Friends of Rotary' group is covered by a Club's Public Liability Insurance when 'Friends of Rotary' are helping with Rotary organised projects. They would not be covered if they organised their own events.

'Friends of Rotary' do not pay any subscrip-

tion to Rotary and they are not permitted to wear the Rotary badge.

The best source of members for your 'Friends of Rotary' group is, of course, recommendation from your own members. It is relatively easy to obtain agreement for people to become 'Friends of Rotary' as there are no fees and no constitutional commitments.

It is highly preferable to form a database of 'Friends of Rotary' names, addresses, telephone numbers and e-mail contacts. It is also preferable to keep a record of their particular interests and skills.

A sense of belonging and good organisation can be achieved by asking them to complete a simple application form on joining.

One or two members of your Rotary Club should be made 'Friends of Rotary' Coordinators to ensure that 'Friends' are on a circulation list and kept up to date with Rotary events. If you have a Club Bulletin, send them a copy and you can also provide them with a copy of your District Bulletin. It is helpful if your 'Friends of Rotary' Coordinators are members of your Club's Membership Committee.

Summary

A 'Friends of Rotary' group is intended to help attract more people to join Rotary by offering them a greater insight into what we do as Rotarians. It can also provide a Rotary Club with a group of people, on hand, who can help support both social and service projects.

A 'Friends of Rotary' group should not replace your Club's search for people who can be attracted to join as Rotarians in the recognised way but as a meaningful and worthwhile method of building for the future.

ROTARY RELIEF REACHES CYCLONE RAVAGED BURMA

Shelterbox, a grassroots disaster relief organization set up by Rotary members in the UK, was among the first charities to reach the affected area of cyclone ravaged Myanmar, as other agencies continue to struggle to gain access.

More than 1,000 ShelterBoxes were delivered to Yangon airport in cyclone ravaged Myanmar on Friday 16th May, thanks to the generous donations from Rotary members. ShelterBox, the grassroots disaster relief organization set up by UK Rotary members, chartered the DC 10 aid flight from East Midlands Airport in Birmingham on Wednesday 14th May, and packed it with 1,050 boxes destined to help thousands of cyclone survivors.

A team of four specially trained volunteers were given visas and allowed to enter Yangon just five days after the cyclone hit, making them the first UK based relief team to have landed in Myanmar. The team immediately organised the distribution of 644 boxes to cyclone victims which were transported by local authorities to the Delta region using trucks and boats and tents were set up with the help of local fire services, trained by the ShelterBox response team in Yangon.



The new shipment of 1,050 boxes is now on its way to survivors. Two US ShelterBox Response Team members have also now joined the original UK team.

UK ShelterBox Response Team Leader Ian Neal, on the ground in the capital city Yangon, said: "All teams in Yangon have now been trained on the ShelterBox contents and setting up of tents. We plan to distribute 500 boxes plus 50 blue boxes to Ngaputaw in the South West Delta region, 250 boxes to Labutta Delta, and 250 to Bogale. The boxes will be transported straight off the aircraft onto trucks and then into affected areas with the local staff in the field." Shelterbox founder and Rotary club member Tom Henderson from Cornwall says: "Our team of volunteers are working in cooperation with local groups in Myanmar to line up

transportation and determine where the shelters will do the most good amid the massive devastation.

"We have received tremendous support from Rotarians and would like to extend our thanks. Without the support of our Rotary friends we would not be able to carry out this essential work."



Up to 80,000 people are estimated to have died in the cyclone and more than 55,000 people are still missing, and the destruction of entire communities has left tens of thousands of people homeless.

Each ShelterBox containers each provide a tent, mosquito nets, blankets, a multi-fuelled stove, a water purification kit, tools and other necessities to help a family of 10 survive for six months. Some containers carried two 10-person tents, doubling the shelter capacity.

ShelterBox started in 2001 as a modest project by the Rotary Club of Helston-Lizard, Cornwall, and quickly garnered support among Rotary clubs worldwide. To date Shelterbox has raised £15.5 million (\$29 million) and delivered aid to 40 countries in response to more than 70 disasters. Each Shelterbox container costs an estimated £490 to sponsor, and Rotary clubs provide more than half of the charity's funding.

BBQ...

We are well into the BBQ season. Therefore it is important to remind ourselves of the etiquette of this sublime outdoor cooking activity, as it's the only type of cooking a 'real' man will do, probably because there is an element of danger involved.

When a man volunteers to do the BBQ the following chain of events are put into motion:

Routine...

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.

Here comes the important part:

(4) THE MAN PLACES THE MEAT ON THE GRILL.

More routine....

- (5) The woman goes inside to organize the plates

and cutlery.

(6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he deals with the situation.

Important again:

(7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

More routine....

(8) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.

(9) After eating, the woman clears the table and does the dishes.

And most important of all:

(10) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.

(11) The man asks the woman how she enjoyed 'her night off.' And, upon seeing her annoyed reaction, concludes that there's just no pleasing **some women....**

Golfing Record Rivalry

Rotary's attempt to bring a golfing world record title back to Scotland has turned into a spot of friendly rivalry after an English golf club announced it was taking a shot at the same record just 24 hours earlier.

Rotary clubs across Scotland recently announced their commitment to breaking the Guinness World Record for the most golfers on a single course to complete a round of golf within 24 hours. The attempt is due to take place at Dundonald Links Golf Course in Ayrshire, Scotland, on June 22 with all money going towards the Rotary's campaign to rid the world of Polio.

But organisers soon discovered that a separate effort organised by Greg Diddams Golf Academy in aid of Alzheimer's Society was taking place in England the day before on June 21 at Upchurch River Valley in

Sittingbourne, Kent. Both attempts hope to smash the current record of 623 golfers, set in China in 2007.

Rotarian Drew Hughes, who is organising the world record attempt in Scotland, said : "The most important thing is as much money as possible is raised for both causes, but I'd be lying if I didn't admit it has stirred a little of the old rivalry!

"The original record was set in St Andrews Bay in 2003 when 491 golfers, young and old, pro and amateur, each played a round of golf and we want to bring the record back to Scotland. We wish Alzheimer's Society all the best of luck but also hope that if they do succeed, they have one of the shortest lived records in history!"

The Scots are already looking to gain the upper hand and have the

full backing of Scottish golfing legend Jack Nicklaus, a polio survivor himself.

Mr Nicklaus, a winner of a record 18 major championships, contracted polio when he was 13 and although recovering, still suffers from post polio syndrome and was plagued with sore joints throughout his career. His sister, who also contracted polio when she was 10, was not so lucky and was unable to walk for a week. She eventually recovered 95% of her movement.

- He said: "Because of my experiences, I appreciate all efforts to put an end to this disease. I wish Rotarians in Scotland all the best in their efforts and I'm hopeful golfers throughout Scotland and beyond will support this cause with their participation."

Coals to Newcastle?

The immediate response by ShelterBox, the grass-roots humanitarian aid organisation supported by Rotary worldwide, of 800 boxes to China has finally reached some of the Sichuan Provinces worst hit villages.



Distribution of the first 200 boxes began this week (Tuesday 27th May), led by the four-man ShelterBox Response Team (SRT) on the ground. The first consignment of boxes were split into two lots of 100.

Pat Prendergast, Team Leader, reported on the two villages of Pengzhou & Bailu commented: "Tents are up and the locals are extremely happy, they are no doubt going to be under canvas for sometime, and the Shelter-Box tents are creating an excellent base."

"The Chinese people we have met have been brilliant, sadly though we can only help a few thousand of this vast population – more tents are desperately needed."

SRT member, Tom Lay reported "The people are too scared to live in the town and have spread themselves along the mountain pass, we spoke to the Mayor of a small community who were in need of 3000 tents, but he said people further up the mountain were in more desperate need and we should use the ShelterBox equipment there, an attitude of the people here that they have all joined together to help each other."

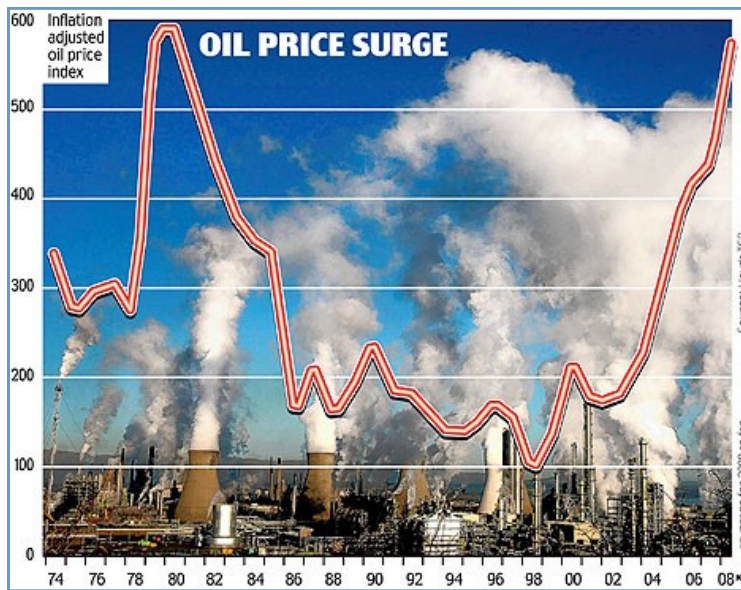
Back at HQ in Cornwall the volunteers are busily unpacking a mixed selection of tents supplied from manufacturers' Vango, who are pulling out all the stops to supply as many tents as possible, ironically to ship back to the country of their origin.

In Chengdu, the base camp for the ShelterBox Response Team, several aftershocks have been experienced – the highly motivated and trained responders are coping well and reporting to HQ on a daily basis.

Men Working Signs



4 Wheeled White Elephant?



The Daily Mail's science editor Michael Hanlon explains how diesel is greener and more efficient and why its cost is rising so fast.

Touted as the fuel of the future, it was once condemned as a noxious menace, responsible for belching clouds of carcinogenic particles into the atmosphere and into our lungs.

Now diesel is the acceptable, green face of motoring.

Another from Dobby's Bumper Fun Book.



The shopkeeper puts the budgies in a cardboard box.

Two Irishmen walk into a pet shop in Dingle, they walk over to the bird section and Gerry says to Paddy, "Dat's dem."

The owner comes over and asks if he can help them. "Yeah, we'll take four of dem dere little budgies in dat cage up dere," says Gerry.

Diesel cars have never been so popular. At the end of the Nineties, only about one in eight cars in Britain used diesel; this year the figure is set to nudge 50%. In France, more than seven in ten cars sold are powered by it.

Modern diesel engines are generally reliable, emit relatively little CO₂, and black smoke is largely a thing of the past.

As petrol prices soared, it was not surprising that motorists were eager to switch to diesel; who wouldn't when it meant a 20-30% saving in terms of miles per gallon?

But maybe not for much longer. Diesel may be green and increasingly clean, but it is no longer cheap. The price of diesel recently overtook unleaded petrol by a few pence per litre - but now the differential is widening by up to 13p in some filling stations.

As the price nudges £6 a gallon, will the owners of Britain's estimated 17m diesel cars now find that they have a white elephant on their hands?

Paddy and Gerry pay for the birds, leave the shop and get into Gerry's truck and drive to the top of the Connor Pass. At the Connor Pass, Gerry looks down at the 1000 foot drop and says, "Dis looks like a grand place."

He takes two birds out of the box, puts one on each shoulder and jumps off the cliff.

Paddy watches as the budgies fly off and Gerry fall all the way to the bottom, killing himself stone dead.

Looking down at the remains of his best pal, Paddy shakes his head and says,

"F###k dat. Dis budgie jumping is too f###k'n dangerous for me!"

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Aims of Club's Trust Fund

The main purpose of its Foundation is defined in the Deed of Trust made on twenty ninth day of November one thousand nine hundred and ninety three.

The Trustees shall hold and apply both capital and income thereof to or for the relief of the poor and needy or to or for such other charitable purpose, institution, society or object as Hunstanton & District Rotary Club shall, in duly constituted meeting from time to time direct.

Surgical stockings stripped my dignity thanks to PETERBOROUGH - Daily Mail

Recovering from a triple bypass in King's College Hospital, London. I was discussing with my wife suitable gifts for the wonderful nurses.

Knowing several of them were on diets, chocolates and sweets were out, so my wife suggested that nurses always needed black stockings. Several pairs were bought and put in my bedside locker. Unfortunately, I was transferred to another bed in the ward and a nurse was summoned to clear my locker.

'What's this then?' she said, smiling as she picked up several pairs of stockings. 'How long have you been wearing these?' Red faced, I stammered: 'They are for the nurses as my leaving presents.'

'Oh yes,' she said 'They all say that!'

The following day, my surgeon visited me to see if everything was OK. 'Any problems?' he asked.

Cheekily I replied: 'No, but how soon will it be before I can resume sexual relations?'

'Are you NHS or a private patient?' he asked.

'NHS.' I replied.

'Well you'll have to wait until you get home.' he said, before turning frostily on his heels and striding away.

Well at least I left my wonderful nurses smiling!

Reg O'Donoghue, London

**Rtn David Hall asks "Who is the mystery tin shaker?"
photographed at the 'Marie Curie' collection in
TESCO on Saturday 1st March 2008**

