



Watchkeeper's Log

The Rotary Club of Hunstanton and District



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**Love starts with your partner
children and family then expands
throughout the world
God bless mankind**

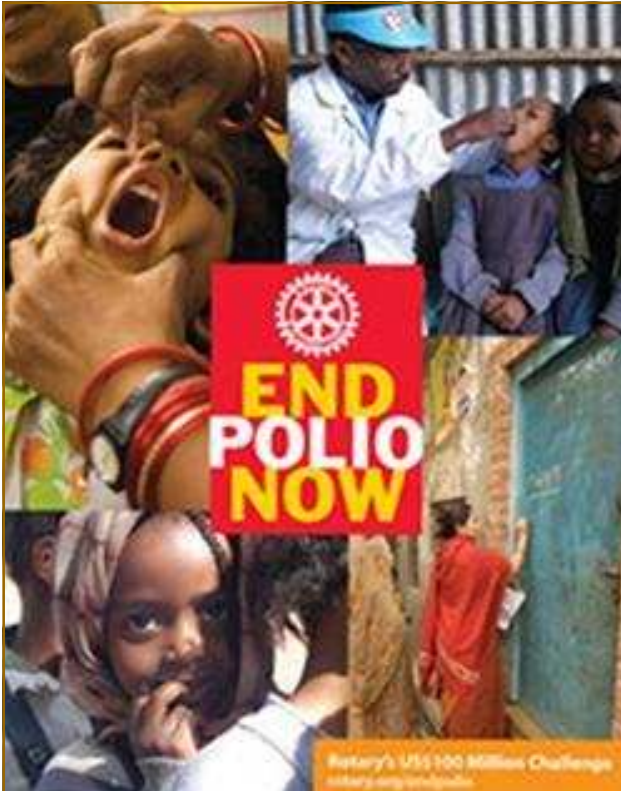
For your diary:

- 7th January
Frugal Lunch
- 26th January
Council Meeting
- 28th January
Business Meeting
- 4th March
Presidents Night
- 15th April
Community Award Presentation

Items for inclusion in the next Newsletter should be handed to Mike Darlington by 28th February 2009. Articles should be of no more than 350 words long.

R.I. Director's New Year Resolution

RI Director Gordon McNally has made a New Year resolution with a difference as he faces up to the challenge of taking part in the 2009 "Loony Dook".



Gordon, 51, is currently serving his second year on the Board of Directors, but on 1 January 2009 he will be diving into the icy waters of the River Forth in his hometown of South Queensferry, near Edinburgh, Scotland to raise money for Rotary's \$100 Million Challenge.

"Having made a personal donation to the campaign, I was anxious to do something more and to find a personal challenge that might attract further donations to the campaign as well as raising awareness among non-Rotarians" says Gordon. "Realising my marathon running or sky diving days are probably behind me I have de-

ecided to take part in the annual "Loony Dook" sponsored swim which takes place each year in our home town"

This world-famous event, which first took place on 1 January 1987, involves what is now a huge number of people, many in fancy dress, aged from 8 to 80 taking a plunge in the River Forth in the shadow of the famous Bridge. From small beginnings, with only a handful of "dookers", there are now up to 500 participants and approaching 3000 spectators each year from literally all over the world. Whilst hitting the freezing waters of the River Forth is quite a shock to the system, apparently, it's much worse coming out into the freezing cold air, although Gordon is encouraged by the fact that his wife, Heather and daughters, Sarah and Rebecca, have promised to be standing by with towels and hot soup to revive him.

Still working, in the busy dental practice he owns in Edinburgh, Gordon has served Rotary in many capacities and was District Governor of District 1020 in 1997-98 and President of RIBI in 2004-05 before joining the Board of Directors in 2007.

"Already, friends and patients have been very generous and, whilst I know many Rotarians have already contributed to the \$100 Million Challenge, I hope this initiative might encourage them to give a little more" said Gordon. "Even a few dollars will make a huge difference and mean Rotary can meet the challenge and finish eradicating Polio from the face of the earth".

You can sponsor Gordon by visiting his online fundraising page on www.justgiving.com/gordon_mcnally. You can pay by credit or debit card. Where supporters are UK taxpayers, the charity will automatically receive 28% extra in Gift Aid, which makes Justgiving the most efficient way of sponsoring Gordon.

WARNING Antivirus 2009/Windows Antivirus 2008 - Serious Malware

A new Rogue anti-spyware program called Antivirus 2009 (also known as Windows Antivirus) was released this weekend that for the most part, acts just like all the rest. It displays false results, it is advertised through misleading web sites, comes bundled with malware, displays fake results, and requires you to first purchase the software before you can remove anything.

What makes this rogue a bit different, though, is how it hijacks the Google homepage and search results by inserting an advertisement for Antivirus 2009.

Now, this is not the first time this has happened, but it is uncommon enough that it warrants discussing.

When Antivirus 2009 is installed, it will install a Internet Explorer browser helper object called C:\Windows\System32\winsrc.dll. This program will automatically load when Internet Explorer starts, and when you visit certain sites, it will insert its own information into the web pages that are retrieved. Currently the information that is inserted into the Google home page and search results is a misleading advertisement for Antivirus 2009. Google has detected unregistered Antivirus 2009 copy on your computer. Google recommends you to activate Antivirus 2009 to protect your PC

from malicious intrusions from the Internet.

The advertisement is actually one big link that if clicked will bring you to a page at the hxxp://microsoft.browserprotectioncenter.com site that says you are infected and should purchase Antivirus 2009.

The tactic being used by this Rogue is to trick the infected user into thinking a well known and highly trusted brand, like Google, is actually endorsing their products. In reality, though, this is just another scam being used to steal your money. If you have already paid for the software, please contact your credit card company immediately and dispute the charges.

It can also be picked up by just surfing. Malware is becoming more serious than Viruses attacks nowadays. If you are infected with Antivirus 2009, you should seek advice as it bypasses many of the best known Antivirus products (paid for and free). You should not try to continue to use your computer and I must reiterate that **DO NOT PAY FOR IT!**

Thanks to Richard Dix of Positive Computing of Heacham for permission to reproduce this article.

December 2008

Famous Last Words Rtn David Dobby

“I'll get a world record for this.”

“Let me reach in and get your watch out of the printing press.”

“It's fireproof.”

“He's probably just hibernating.”

“I'm making a citizen's arrest.”

“So, you're a cannibal.”

“It's probably just a rash.”

“Yeah, I made the deciding vote on the jury, so what of it?”

“The odds of that happening have to be a million-to-one!”

“Pull the pin and count to what?”

“Which wire was I supposed to cut?”

“I wonder where the mother bear is.”

“I've seen this done on TV.”

“These are the good kind of mushrooms.”

“I'll hold it and you light the fuse.”

“Funny, you look just like Charles Manson.”

“Rat poison only kills rats.”

“It can't possibly rain for forty days and nights.”

“This doesn't taste right.”

“I can make this light before it changes.”

“Nice doggie.”

Probing your Morals Rtn David Dobby

This test only has one question, but it's a very important one. By giving an honest answer, you will discover where you stand morally. The test features an unlikely, completely fictional situation in which you will have to make a decision. Remember that your answer needs to be honest, yet spontaneous.

Please scroll down slowly and give due consideration to each line.

THE SITUATION:

You are in England, York to be specific. There is chaos all around you caused by a hurricane with severe flooding. This is a flood of biblical proportions.

You are a photo-journalist working for a major newspaper and you're caught in the middle of this epic disaster. The situation is nearly hopeless.

You're trying to shoot career-making photos. There are houses and people swirling around you, some disappearing into the water. Nature is unleashing all of its destructive fury.

THE TEST:

Suddenly, you see a man in the water. He is fighting for his life, trying not to be taken down with the debris. You move closer... Somehow, the man looks familiar...

You suddenly realize who it is... It's Gordon Brown! You notice that the raging waters are about to take him under forever. You have two options:

You can save the life of Gordon Brown or you can shoot a dramatic Pulitzer Prize winning photo, documenting the death of one of the country's most powerful men!

THE QUESTION:

Here's the question, and please give an honest answer...

Would you select high contrast colour film, or would you go with the classic simplicity of black and white?



Jean Gabriel Chelala celebrates a stop along his cycling journey between Paris and Portugal. Chelala is attempting to be the first person to circumnavigate the entire globe on his own power, and is sharing his inspiration with Rotarians along the way. *Photo courtesy of Chelala.*

ShelterBox Appeal



ShelterBox has issued an urgent appeal for funds to help provide aid to tens of thousands of displaced people in four countries following a succession of humanitarian crises.

Response teams from **ShelterBox** reacted quickly to distribute emergency aid to victims of the 29th October earthquake in Pakistan. And worsening humanitarian situations in the Democratic Republic of the Congo, Honduras, and Swaziland have stretched operations to the limit, ShelterBox representatives say.

"This is a life-or-death situation. Families who have lost their homes are in desperate need of shelter and warmth," says Sally Grint, ShelterBox communications and fundraising manager. "Donations are urgently needed to fund further deliveries of aid."

In south-western Pakistan, a ShelterBox response team provided 1,000 containers to families left homeless after a powerful earthquake rocked impoverished regions there, killing at least 215 people and causing widespread destruction.

Each container provides a tent, a stove, a water pu-

rification kit, blankets, tools, and other necessities to help a family of 10 survive for six months.

Mark Pearson, response team leader on the ground in Pakistan, says winterized tents are desperately needed to shelter an estimated 15,000 displaced villagers trying to withstand frigid night time temperatures.

"We assessed the scattered villages around Ziarat District, and almost all the mud-brick houses were destroyed," Pearson says on the ShelterBox Web site.

Pearson praises the logistical support provided by local Rotary clubs. "The clubs in Quetta and Karachi are invaluable in the operations here, providing flights, security, accommodations, interpreters, and local knowledge," he says.

In Congo, an estimated quarter-million people are seeking refuge from fierce fighting between rebels and government forces. ShelterBox has provided 200 containers and has committed to deliver 200 more.

A response team also distributed 200 containers to residents of San Pedro Sula, Honduras, after heavy rains and flooding forced 22,000 people from their homes on 22 October.

And a ShelterBox team in Swaziland is distributing aid to children orphaned by AIDS in an ongoing program with the National Emergency Response Council on HIV/AIDS.

The ShelterBox program was launched in 2000 by Tom Henderson, a British Rotarian and former Royal Navy search-and-rescue diver, who is the charity's CEO.

He who knows nothing, knows nothing. But he who knows he knows nothing knows something. And he who knows someone whose friend's wife's brother knows nothing, he knows something. Or something like that.

Christmas Crackers!



Her friend says, "What's the matter? Don't you have a vase?"

The woman turns to her friend and says, "Oh, darn! He's bringing flowers. That means another weekend on my back with my legs up in the air."

Two women are in the kitchen preparing dinner on a Friday night when one of them looks out the window. She sees her husband coming up the driveway with a bouquet of flowers.

The little boy asked his dad one evening, "Daddy, how much does it cost to get married?"

"I don't know, son," said father, "I'm still paying for it."

THE ROTARY CLUB OF
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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.

Food for Thought Rtn David Hall

My thanks to Rotarian Geoff Lea for sharing this deep and profound little tale with me recently. It must be shared with all Rotarians. They are indeed ... wise words

Inner Peace

'I am passing this on to you because it definitely worked for me today, and we all could probably use more calm in our lives.

Some doctor on the television this morning said that the best way to achieve inner peace is to

finish all the things you have started.

So I looked around my house to see things I'd started and hadn't finished and, before leaving this morning, I finished off a bottle of Merlot, a bottle of shhhardonay, a bodle of Baileys, a butle of vocka, a pockage of Prunglies, tha mainder of bot Prozic and Valum scriptins, the res of the Chesescke an a box a chocolets.

Yu haf no idr who budi gud I fel!"