

## SUE'S Afternoon Tea Party

A BIG thank you, to all those that supported my Afternoon Tea it was very unfortunate that although we have been having a very dry spell it decided to rain on this day, so a very quick change of venue was organised, we hope this did not cause too many problems.

Even with the venue late change you have helped us raise a grand total of £1215 which is going to two charities. The Willow Foundation which is the only national charity working with seriously ill young adults aged 16 to 40 to fulfil uplifting and unforgettable Special Days, and The Neuro Foundation who help to improve the lives of those individuals and families affected by Neurofibromatosis by providing NF nurse/advisor to support them.

Thank you very much for your help and hope you all enjoyed the Tea Party despite not being in the Garden.

**Sue Meischke**

On Wednesday 11<sup>th</sup> July Sophie Melis came to talk to us about Pain Stress Release. It was a very interesting talk, particularly as many of us do have pain and a way to reduce that would be very welcome. She told us how the procedure started in South Africa by a man that had many attempts to acquire relief from his own pain.

Pain Stress Release is not a massage it is just a small impulse on whichever vertebrae is causing the problem. It has taken Sophie five months away from home on an intensive course to train to be able to carry out this procedure.

I think I will be investigating more about this in the near future.

Sue Meischke



OTHER ROTARY EVENTS PUT THEM IN YOUR DIARY!!!!		
<b>2018</b>		
<b>29</b>	<b>JUL</b>	Sue's afternoon tea
<b>09</b>	<b>AUG</b>	College Arms evening meal
<b>22</b>	<b>AUG</b>	Priorswood Clematis nursery
<b>07</b>	<b>SEPT</b>	Triptree Farm/Jam Factory
<b>09</b>	<b>SEPT</b>	Charity Lunch
<b>14</b>	<b>SEPT</b>	Crime & Punishment Walk
Please view the new "Diary" on the website:		
<a href="http://www.warerotary.co.uk">www.warerotary.co.uk</a>		

Please view the Facebook Page for further details and the circulation of "Flyers" and "Posters".

[www.facebook.com/WareRotary/](http://www.facebook.com/WareRotary/)



# Ware Wheel

SEPTEMBER 2018



## Ware Rotary Club's Monthly Bulletin

Ware Rotary Club meets at Wodson Park, Ware, Herts. (01920 487091) every Wednesday at 12.45pm (except where a fifth Wednesday occurs in the month when the meeting is at 7.30pm and except the first Wednesday, when a Monday evening meeting occurs)

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### Stuart's Stories

Just back from holiday in Norfolk in Wells Next The Sea... a great part of the world which I know so well... All my childhood holidays were spent in either Heacham or Hunstanton. Having said that I passed Cley and Weybourne too this time- spots where my father and I spent many hours sea fishing from the shore... my best day was 60 Mackerel in 10 mins on a line with 6 hooks covered in silver paper...

On this occasion Shirley and I booked a house for the family for just a week - well Shirley booked it and I missed the fifth Wednesday and a trip to the Diamond League Athletics final in Brussels... you will not be surprised to learn that she has been fired as my travel agent... anyway back to the story ...people were arriving and leaving as the week went on and we were tested day by day and hour by hour by all four grandchildren aged between 10 and 4 yrs old.

We had the use of a beach hut on the beach and each day we walked the long mile plus through town and then through the pine forest to the steps up and down to the beach hut. The hut is owned by the family of one of my friends who works for the International Athletics Federation... I've known Chris for years and it was only by chance that a few years ago I mentioned that I was going to Wells at which point he offered the use of his beach hut - he even sent me the key. We've had some great times there... being able to make cups of Tea and help to build the best sand castles - and that was just Shirley!!!

Well we survived and we are back and I'm now joined to the Hertford Aero model club and getting ready to get back to lying radio controlled aircraft... my last flight was in 1982... the technology has changed too - its all electric now... I took my 1982 powered radio controlled trainer to show them a couple of weeks ago and they told me to put it in the bin as things have changed dramatically... they insulted me within the first 10 minutes or so of meeting them. We will get on well... I tried to impress them by saying I was President of a Rotary Club.. they wanted to know what kind of aircraft they flew...they thought it was all about helicopters .... oh

well there is much to do.

I got into trouble last time for writing too much so I've cut my thoughts down to a bare minimum...

Stuart

Your airborne President

Inner Wheel Club of Ware

Hi Gentlemen Rotarians, my name is Mary Lewis and I am the new Inner Wheel President. I took over from IPP Ruth who ran the club with youth and vitality, two qualities which I do not have! Nevertheless, I have been in Inner Wheel for many years and have been made very welcome by the Ware ladies and with their continued support we should have a happy year.

For my charity I have chosen Essex & East Herts Air Ambulance and earlier this month I organised a Strawberry Tea in the garden of my daughter's home in Buntingford, and we raised £350.

Our District chairman has chosen Heart Research for her charity and the 3 year International Project is Caring for Women and Children and in particular Period Poverty. There are many girls who have to miss school each month because they are not able to afford the necessary sanitary products.

In September we are again supporting International Peace Day by planting Peace Roses in the grounds of two of our local Schools. More of this next month.

I am off on holiday today but look forward to being able to meet some more members of your Club in the coming months.

Mary Lewis

"From Flanders Fields to The Tower" was the title of our August meeting lecture, presented by Jennifer Thomas.

She led us through 100 years of history, highlighting the significance of John Alexander McCrea's famous poem and why an American lady was inspired to give out poppies during WW1. Coming up to date, we met Paul Cummins, the ceramicist who created 888,246 terracotta poppies which commemorated The Fallen during the 4month long display in the moat at The Tower of London.

The poppies have since travelled all over the UK in the Ensuing years and will be on permanent display at the Imperial

War Museum later this year.

Submitted by Mike Tucker - Ware



**Club Meetings and Members Duties  
(Speaker Finder)**

Date	Club Meetings	Host/Grace/VOT
25 JULY	John Walton – Savalife Capsules	Denise Newman
6 AUG	Graham Cracker – Royal Protection	John Seager
15 AUG	Business/Council	Alan Thomas
22 AUG		Mike Tucker
29 AUG	Evening – Jennifer Thomas - Poppies	Social
3 SEPT		Rob Boulton
12 SEP		Nigel Collins
19 SEP	Business/Council	Nick Evans
26 SEP		Scott Findlay

**Host, Grace and Vote of Thanks**

**Please remember!** It is YOUR responsibility to find a replacement if you are unable to fulfil your commitment.

IF IT IS YOUR TURN TO CARRY OUT THIS DUTY

**You should additionally write a short article on the speaker and subject for the 'Wheel', with a photo (1 Paragraph will suffice).** Please carry out your duty promptly and efficiently.

**Graham Cracker – Royal Protection**

**Our August Monday evening meeting saw a fascinating talk by Graham on his experiences in Royal protection.**

**Joining the Met in 1966 as a uniformed constable based in Tottenham he drove Panda cars, armed only with a whistle and a truncheon. In 1984 he successfully applied for a transfer to Royal protection, for which he had to pass a rigorous selection process, the interview panel consisting of members of the royal staff and several royals themselves, two of whom were aged 4 and 2 at the time! Yes, he was accepted by William and Harry and looked after them until his retirement in 2001.**

**The whistle and truncheon were replaced by a firearm.**

**The two princes were brought up as normal kids as far as possible. Graham recalled many journeys along the M4 to Highgrove, the princes seated in the back of the car, separated by a fearsome nanny to prevent them from fighting – 'No, you can't have a sweet until we go past Grannie's house!' Windsor Castle.**

**It is worth recording that the royal family really appreciate the services they receive from ordinary folk. Among many others, and 17 years after retirement, Graham was invited to attend the recent wedding of Harry and Meghan.**

**Thanks, Graham, for an interesting and informative evening.**

**On Wednesday the 25th July our speaker was John Walton from the Rotary club of Welwyn Garden City.**

**His talk was on Savalife Capsules.**

**A very interesting talk.**

**A heart attack is a serious medical emergency in which the supply of blood to the heart is suddenly blocked.**

**Symptoms of a heart attack can include:**

**Chest pains. The chest can feel like its being pressed or squeezed by a heavy object & pain can radiate from the chest to the jaw, neck, arms & back.**

**Shortness of breath. Feeling weak &/or lightheaded. Overwhelming feeling of anxiety.**

**It is important to stress that not everyone experiences severe chest pain, the pain can often be mild and mistaken for indigestion.**

**It's the combination of symptoms that's important in determining whether a person is having a heart attack, and not the severity of chest pain.**

**Treating heart attacks.**

**While waiting for an ambulance, it may help to chew and then swallow a tablet of Aspirin [ideally 300mg] as long as the person having the attack is not allergic to Aspirin.**

**The aspirin helps to thin the blood and reduce the risk of a heart attack.**

**So John would like us to carry one of the capsules with the Aspirin in just in case!!**

**Denise.**

**Strawberry Teas held on July the 1st.**

**I had a few problems [hic cups] this year.**

**Starting with the venue being double booked, so rebooked for July the 1st.**

**Then 5 days before the event the farm shop phoned to say there would be no strawberry's due to being over picked.**

**Then a phone call on the Thursday the 28th to say there would be strawberry's.**

**Go to pick up the scones on the Saturday morning to find that they had not been delivered.**

**They delivered at 12-00 noon.**

**So all went well in the end.**

**Thank you to the helpers and drivers on the day.**

**All that matters is that those who attended had a good Strawberry Tea.**

**A date for your diary's Strawberry Teas next year is on the 16th of June [2019]**

**Denise.**

## Tools For Self Reliance and Specs collection



### Tools

On 20 August Reg N, John M, myself and Dan (a donor of tools, interested in Rotary and TFSR) travelled to Milton Keynes to drop off the various tools collected at the annual collection in July. We were shown around their premises and given an insight into the work they do and what is involved. Depending on the state and type of tools they are either dismantled, cleaned (the metal is pressure blasted or wire woolled by hand and the wood sanded by hand and oiled), mended and put back together or put to one side and every so often sold at car boot sales to raise funds. The finished tools are then selected to make tools kits for specific trades (carpenters, plumbers, mechanics, handymen, etc.) and taken along with loose tools (used for replacements) to the Southampton main base where they are checked and finally shipped to various African countries. Last year 4053 people were supported in Ghana, Malawi, Sierra Leone, Uganda and Zambia with 25,000 tools being shipped.

The workshop at Milton Keynes operates all year around and the trailer load of tools delivered was certainly appreciated despite being somewhat fewer than in past years.

The photo's show us with the grateful helpers and staff of the centre.

For anyone not aware of the work the charity/project does look up their website:

<https://www.tfsr.org/>

### Specs

The spectacles collected for vision aid have also been delivered (via Spec savers) and I thought we had done well last year collected 99 pairs (made up to 100 with a pair found in my 'man drawer') but this year the total was 183! Surprising how many people have 'man drawers'.

## Ben Isaac Award

The 23<sup>rd</sup> presentation of the Ben Isaac award was made at the hand over meeting and the award presented by the president to the member whom in the president's mind has contributed the most to the club over their presidency year was awarded to Roger Green. It is the first time Roger has won the award and he became the 16<sup>th</sup> different recipient. The first award was made in 1996. June Isaac, Ben's widow and active member of The Inner Wheel Club of Ware was at the evening to present the award but unfortunately Roger was on holiday so the presentation took place the following Monday evening at the monthly meeting.

Roger was praised for his tireless and enthusiastic work as Mr Speaker finder and it was agreed there had been a wide variety of topics and speakers throughout the year. On several occasions standing in as the Vote of Thanks when members responsible were not at the meeting. In addition he single handed organised and ran the Youth Speaks final in November and was present at most of the events held during the year.

Several other members (Nigel Collins, Guy Horlock, Denise Newman and Alan Thomas) were singled out for various reasons and thanked for their contribution to the club. A special thank you was also conveyed to John Meischke and Reg Newman two of our honorary members who also make valued contributions to our club too.

