

May 2009



BULLETIN
of the
Rotary Club
Of
Eastbourne
(chartered 1922)

www.eastbournerotary.org.uk

President: Bill Tozer

Secretary: George Collier

Treasurer: Colin Middleton

President's Peregrinations (you've had it mate!)

Tripartite and other things

The great thing about being a human being is that you can grow and develop each day of your life (I hope you do) and, most importantly, you can change your mind.

If the Club had had a vote, six months ago, with the resolution "Should we continue with the Tripartite" I would have instantly stuck up my hand for the 'No' vote. I really felt that all the money that is put by, each year, from our subs to support the Tripartite so that a few could blow it on a big junket with their friends from across the Channel in a couple of days was not what the Club was all about. I would have said "If they want a big 'piss up' let them pay for it", and, anyway, you had to be one of those more fortunate than most to afford the thing.

Well! – we grow wiser as we experience life – which, I think, is why we are here. Rotary is a many faceted vehicle and we can find in it a niche in which we are quite comfortable and very happy, 'Doing nothing and watching the world pass by', 'doing something and achieving much'; being friendly or, simply, stick in your own crowd; there's no compulsion you can join in or not, as you wish.

And in our own Club we settle down into the mould which we desire. The big jump comes when we move out of our Club and into the wider world of Rotary and realise that we, really, are part of a larger family. The Club is beset and bedevilled by cliques (though that is less in our Club now than formerly) but, all the same, we associate with those we get on best with – it is only natural. So in the Club we move in small circles and only touch others on our periphery – it limits our vision – it limits our growth and our range.

But getting out opens up our little world. Being bussed from the Centre of Edinburgh to the RIBI Conference each day meant that Gwen and I rubbed shoulders and chatted with Rotarians – and guess what – they were friendly. We sat in the Cathedral Square on the Royal Mile waiting for a Rotary Sightseeing tour of the City to begin, we met Rotarians – they were friendly. The Sightseeing tour itself was full of friendly Rotarians. There were friends everywhere! We were not alone and we enjoyed that feeling.

Being bussed in the Belgium coach to Hever castle – we instantly fell among friends – happy, laughing friends. Around Hever Castle's Grounds and in the restaurants more friends and happiness; at £15 per person you did not have to be some of the richest people in the Club to enjoy that feeling and have an enjoyable time exploring the Castle with an excellent lunch provided.

What a wonderful venue the East Sussex National Hotel was for our Tripartite/Presidents Night dinner – a very large circular room with a domed ceiling, overlooking the fabulous golf course and approached by a sweeping staircase - good ambiance with an excellent view, the Estate Agent would say - and with a crowd that had set out to enjoy themselves – what could be better?

Brunch at the Golf Club – similar story – good company – the wider world of Rotary. Our visitors enjoyed our weekend so much – to use David Coe's expression – they were 'gobsmacked' everyone remarked how wonderful it was – their only thought was "How can we do better than this next year" – I'm sure they will and it will be a wonderful weekend.

So if the resolution was put today "Should our Club continue with Tripartite"? - my hand would shoot up for the 'Yes' vote – no doubts – I am a convert to the wider world of Rotary. The expansive, mind opening, warm hearted, fellow feeling, delightful Rotary I hope we all can find – it may be expensive – but give up one of your holidays and enjoy a Rotary weekend – it will do you more good.

Thanks for a wonderful, challenging, mind expanding, delightful year.

Bill Tozer

(See overleaf pictures of the day-out at Hever Castle)





Prostate Cancer: Has been a challenge for some of our members recently. A couple of medical studies may be helpful in lessening our risk of the disease.

A study in Sweden examined the relationship of dairy products – dairy calcium, phosphorous and vitamin D with the disease. The results compared those with calcium intake of greater than 1,183mg a day versus those with less than 825mg per day from dairy products. After controlling for age, family history, smoking and total energy and phosphorus intakes the authors concluded that high consumption of dairy products was associated with a 50% increase in risk of prostate cancer. Chan, J.M., Giovannucci, E., Andersson, S.O. et al. Dairy products, calcium, phosphorous, vitamin D, and risk of prostate cancer (Sweden). *Cancer Causes Control* 1998; 9: 559–66.

A second study in the USA involving 20,885 men over an 11 follow up year period, during which 1,012 developed prostate cancer. Showed that men consuming more than 2.5 servings of dairy products a day had a 34% higher risk of prostate cancer – after adjustment for age, body mass, smoking, exercise. – than those who consumed less. Chan, J.M., Stampfer, M.J., Ma, J. et al. Dairy products, calcium, and prostate cancer risk in the Physicians' Health Study. *Am. J. Clin. Nutr.* 2001; 74: 549–54.

And in the same study those with a high fruit intake was shown to be related to a lower risk of prostate cancer.

Alan Forster.

Most of us went to Alan's memorial service and relived our memories of him and we heard some of his wonderful exploits - Hong Kong administering to the sick in the Vietnam refugee camps – obtaining and transporting twelve caravans to relieve the dispossessed in the Naples earthquake - involved in the Anthony Nolan Bone Marrow Appeal – and being the RNLI's Eastbourne's lifeboat doctor.



But his biggest achievement was his lifetime service as a Doctor to the sick and needy of Eastbourne – and 400 people turned out at his service to say just that.

Judith sent me a note asking me to “thank Rotary for all their support over the last six months and for all the many cards and messages sent. Also a big thank you to all who attended the thanksgiving service – very much appreciated”.

For me the thing that really stood out was Alan's deep love of people. When I joined Rotary and went to functions with Gwen, feeling rather 'outsiders', Alan was the person who came forward to make us feel at home. He loved 'Kids Out' – being in close contact with the disabled children and was upset when the 'new order' came in where teachers and parents escort the children and we only serve them.

We miss his friendship and his laughter in the Club.

Bill Tozer

PM's on the Fence: While stitching up the hand of a 75-year-old Devon farmer' who cut it on a gate as he was working cattle, the rural doctor struck up a conversation.

Eventually, the topic got around to Gordon Brown and his appointment as Prime Minister. 'Well, you know,' drawled the old farmer, 'this Brown fellow is what they call a fencepost tortoise.' Not being familiar with the term the doctor asked him what a fencepost tortoise was. The old farmer said: 'When you're driving along a country road and you come across a fencepost with it tortoise balanced on top, that's called a fencepost tortoise.'

The old farmer saw a puzzled look on the doctor's face. So he continued to explain. 'You know he didn't get there by himself, he definitely doesn't belong up there, he doesn't know what to do while he is up there, and you just have to wonder what kind of idiot: put him up there in first place:

Get Out of the Car! (This item is supposedly a true account recorded in the Police Log of Sarasota, Florida)

An elderly Florida lady did her shopping and, upon returning to car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, frisbee and two 12- packs of beer in the front seat.

A few minutes later she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake the sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, wearing glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story? If you're going to have a senior moment... make it memorable.

Bill Tozer

International Committee Service Committee

1. **Amreli Project:** The matching grant application was deferred because of the R.I. imposed moratorium on matching grants in March. In fact, following a recent District meeting, it is intended that all outstanding applications in the District will be sent by them, in paper form, by courier in time to be with R. I. on 1 July. Concurrently, I will send a copy of the by e-mail early that day; however, this is dependent on receiving amended relevant pages from Amreli, with new signatures and dated 1 July, in time.

How long before the children have more congenial conditions?



2. **Fund raising for the Amreli and other International projects:** Although the final profit from the Jazz Concert is not yet known, it is clear that the total funds received during the year are sufficient to meet the cost of the three International projects viz. Amreli (\$3,500), Polio Plus (\$1,000) and the Zimbabwe student's school fees (£330).
3. **Tripartite/ President's Night:** The visit of the twinned clubs and President's Night, which were held over the same weekend, were a great success; this was a reflection of the efforts of Ian and his team of helpers
4. **RIBI Group Study Exchange:** A tentative interest in becoming the team leader of a team to visit New Hampshire later this year by one of our members has been withdrawn but the individual has offered his help when a team visits this District.
5. **International Committee responsibilities for 2009/10:** The responsibilities of the Committee during 2009/10 are being changed. Foundation will become a responsibility of the Committee whereas The Jazz Concert and Triparte/President's Night will not. The effect on the committee's work plan for 2009/10 will be explained at Club Assembly.

Joe Smedley
Chairman, 10 June 2009

Carol Concert 2009

Not a lot to report yet, except that we have the Congress Theatre, Eastbourne booked for Saturday the 5th December with both Matinee and Evening Performances.

We are awaiting confirmation from one of the Infant Schools as to whether they can participate, but we are sure that we have another Infant School, two dance schools, the Eastbourne Silver Band and the Eastbourne Choral Society taking part.

Hopefully we shall soon be able to confirm full details of the participants, at which time we shall be able to seek sponsors and proceed with all the administrative matters involved.

Bryan Parker
Chairman
Carol Concert Committee

Paul Harris Fellows

Paul Harris Fellowships are given by our Club to people who have given outstanding service to the ideals of Rotary. The Club earns the ability to give one when it has sent \$1000 to Rotary International Foundation. In the past Rotary International Foundation has sent the Citation and Medal free of charge, but from July 2009 they will charge for these.

President Bill Tozer was pleased to present Paul Harris Fellowships to the following people during June:-

Neil Cleverton
Dave Coe
Frank Eveleigh
John Gross
David Lambird
Bob Mundy
Bryan Parker
Gill Woolley

District Governor John Wilton was pleased to present a Paul Harris Fellowship in May to Geoff Williams.

In the past our club has been pleased to present the following with Paul Harris Fellowships:-

Scottie Maclachlan in 1984, who also received one from Lufkin Club in Texas
Edna Hoyer, in 1987, widow of Sven Hoyer originator of Alone at Christmas
Ron Proudler, President of RIBI in 1970 from RIBI, and also in 1988
Guy Giddins 1988
George Gregory 1988
Ted Gibson 1988 Collection of funds for Polio Plus
Derek Andrews 1988 Collection of funds for Polio Plus
Ken Hookham 1988 Collection of funds for Polio Plus
John Boyle 1988 Collection of funds for Polio Plus
Bill Johnson 1995
Paul Harris 1995
Adrian Underwood 1995
Derrick Platt 1999
Arnold Cornish 2005
Derek Ellis 2005
John Macdonald 2005
Colin Middleton 2005
Tom Alston 2007
Allan Budgett 2007
George Collier 2007
Alan Forster 2007
Barrie Gent 2007
Peter Goldsmith 2007
Ian Hunt 2007
Kevan Regan 2007
Chris Smith 2007
George Tickle 2007
Geoff Booker, Quicken Trust Kabubbu 2007
Jill Parker, JPK Project 2007
Mark Sawyer, RNLI 2007

Chris Smith, Foundation Chairman

DIARY

2009		FUNCTION	COMMENTS	VOTE OF THANKS
July				
1	Wed	Social / Fund raising event	Roebuck Inn, Laughton / Community Committee	
1	Wed	District Handover	Corn Exchange, Rochester	
3 - 4	Fri - Sat	ESMS Summer Concerts	Eldon Road Baptist Church / Alan Langley	
6	Mon	Lunch	Janet Webber, Eastbourne Family Contact Centre. "Keeping children in touch with absent parents"	Ian Coombs
6	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
13	Mon	Lunch	Business Meeting	
20	Mon	Lunch	Mrs Glyn Martin, County Commissioner for Guides. "Guiding Today"	Peter Goldsmith
27	Mon	Lunch	Rtn. Jonathan Porter, 'My Job' talk	President Peter
Aug				
3	Mon	Lunch	Rtn. Ray Dixon, District GSE Team Leader. "GSE team in Australia"	Roy Bedford
3	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
10	Mon	Lunch	Business Meeting	
17	Mon	Lunch	Ian King, County Commissioner for Scouts. "How relevant is the scout movement today?"	Michael Barrett
22	Sat	Croquet & Afternoon Tea	2.00pm Compton Croquet Club (Bob Hamblyn)	
24	Mon	Lunch	Sara Cooper, Curator - Permanent Collection. "The New Towner"	Allan Budgett
31	Mon	Bank Holiday - No Meeting		
Sept				
7	Mon	Lunch	Mark Sawyer, Coxswain Eastbourne Lifeboat. "The latest advances in the RNLI"	John Gross
7	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
14	Mon	Lunch	Business Meeting	
17	Thurs	District Council Meeting	Maidstone Masonic Centre	
21	Mon	Lunch	Mrs Lesley Heasman, St John Ambulance Sussex (TBC)	George Tickle
28	Mon	Lunch	Visit by District Governor, Euan Eddy	President Peter
Oct				
5	Mon	Lunch		David Coe
5	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
12	Mon	Lunch	Business Meeting	
19	Mon	Lunch		David Lambird
23 - 25	Fri - Sun	District Conference	Brighton	
26	Mon	Lunch		Bob Hamblyn
Nov				
2	Mon	Lunch		Alan Wenham
2	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
9	Mon	Lunch	Business Meeting	
16	Mon	Lunch		Mike Chesson
23	Mon	Lunch		Jessica Gisby
30	Mon	Lunch		Neil Markham

2009		FUNCTION	COMMENTS	VOTE OF THANKS
Dec				
5	Sat	Carol Concerts	Congress Theatre	
7	Mon	Lunch	or Evening Meeting with Partners? SGM for Election of Officers 2010 / 2011 (TBC)	Simon Dodds
7	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
14	Mon	Lunch	Business Meeting	
21	Mon	Lunch	or Evening Meeting with Partners? (TBC)	Geoffrey Williams
28	Mon	Bank Holiday - No Meeting		
2010				
Jan				
4	Mon	Lunch		Barrie Gent
4	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
11	Mon	Lunch	Business Meeting	
18	Mon	Lunch		Bob Mundy
25	Mon	Lunch		Tony Cameron
27	Wed	District Council Meeting	Maidstone Masonic Centre	
Feb				
1	Mon	Lunch		Jonathan Porter
1	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
8	Mon	Lunch	Business Meeting	
11 - 14	Thurs - Sun	RIBI President's Visit to D1120		
15	Mon	Lunch		Simon Seath
22	Mon	Lunch		Graham Marsden
23	Tues	Rotary Day		
March				
1	Mon	Lunch		Colin Middleton
1	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
8	Mon	Lunch	Business Meeting	
15	Mon	Lunch		Bryan Parker
22	Mon	Lunch		Joe Smedley
26	Fri	RIBI Assembly	Birmingham	
29	Mon	Lunch		John Rabbitts
April				
5	Mon	Bank Holiday - No Meeting		
6	Tues	Council Meeting	Mayo Wynne Baxter -18.00	
12	Mon	Lunch	Business Meeting	
15	Thurs	RIBI Conference	Bournemouth	
19	Mon	Lunch		Ken Rawlings
23 - 25	Fri - Sun	Tripartite	Gand Maritime (Floralies)	
26	Mon	Lunch		Neil Cleverton

2010		FUNCTION	COMMENTS	VOTE OF THANKS
May				
3	Mon	Bank Holiday - No Meeting		
4	Tues	Council Meeting	Mayo Wynne Baxter -18.00	
8	Sat	District Assembly		
10	Mon	Lunch	Business Meeting	
17	Mon	Lunch		Arnold Cornish
20	Thurs	District Council Meeting	Maidstone Masonic Centre	
24	Mon	Annual General Meeting followed by Dinner	Chatsworth Hotel 5:30 for 6pm (TBC)	
29	Sat	President's Night	Royal Eastbourne GC	
June				
7	Mon	Lunch		Ken Dobell
7	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
14	Mon	Lunch	Business Meeting	
18	Fri	RI Convention	Montreal	
21	Mon	Club Assembly followed by Dinner	Chatsworth Hotel 5:30 for 6pm (TBC)	
28	Mon	Lunch	Club Handover	
July				
1	Thurs	District Handover		
5	Mon	Lunch		Ian Hunt
5	Mon	Council Meeting	Mayo Wynne Baxter -18.00	
12	Mon	Lunch	Business Meeting	
19	Mon	Lunch		Nigel Greaves
26	Mon	Lunch		Alan Langley

VOTES OF THANKS

2009		FUNCTION	COMMENTS	VOTE OF THANKS
June				
1	Mon	Lunch	Jessica Gisby: 'My Job' talk presentation of Community Service cheques	President Bill
8	Mon	Lunch	Business Meeting	
15	Mon	Club Assembly followed by Dinner	Chatsworth Hotel 5:30 for 6pm	
22	Mon	Lunch	Carol Concert Charities' Speakers	Nicky Williams
29	Mon	Lunch	Club Handover	
July				
6	Mon	Lunch		Ian Coombs
13	Mon	Lunch	Business Meeting	
20	Mon	Lunch		Peter Goldsmith
27	Mon	Lunch	Jonathan Porter My Job Talk	President Peter
Aug				
3	Mon	Lunch		Roy Bedford
10	Mon	Lunch	Business Meeting	
17	Mon	Lunch		Michael Barrett
24	Mon	Lunch		Allan Budgett
31	Mon	Bank Holiday - No Meeting		
Sept				
7	Mon	Lunch		John Gross
14	Mon	Lunch	Business Meeting	
21	Mon	Lunch		George Tickle
28	Mon	Lunch	Vsit of DG	President Peter
Oct				
5	Mon	Lunch		David Coe
12	Mon	Lunch	Business Meeting	
19	Mon	Lunch		David Lambird
26	Mon	Lunch		Bob Hamblyn
Nov				
2	Mon	Lunch		Alan Wenham
9	Mon	Lunch	Business Meeting	
16	Mon	Lunch		Mike Chesson
23	Mon	Lunch		Jessica Gisby
30	Mon	Lunch		Neil Markham
Dec				
7	Mon	Lunch		Simon Dodds
14	Mon	Lunch	Business Meeting	
21	Mon	Lunch		Geoffrey Williams
28	Mon	Bank Holiday - No Meeting		

2010		FUNCTION	COMMENTS	VOTE OF THANKS
Jan				
4	Mon	Lunch		Barrie Gent
11	Mon	Lunch	Business Meeting	
18	Mon	Lunch		Bob Mundy
25	Mon	Lunch		Tony Cameron
Feb				
1	Mon	Lunch		Jonathan Porter
8	Mon	Lunch	Business Meeting	
15	Mon	Lunch		Simon Seath
22	Mon	Lunch		Graham Marsden
March				
1	Mon	Lunch		Colin Mddleton
8	Mon	Lunch	Business Meeting	
15	Mon	Lunch		Bryan Parker
22	Mon	Lunch		Joe Smedley
29	Mon	Lunch		John Rabbitts
April				
5	Mon	Bank Holiday - No Meeting		
12	Mon	Lunch	Business Meeting	
19	Mon	Lunch		Ken Rawlings
26	Mon	Lunch		Neil Cleverton
May				
3	Mon	Bank Holiday - No Meeting		
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17	Mon	Lunch		Arnold Cornish
24	Mon	Annual General Meeting	Chatsworth Hotel 5:30 for 6pm	
31	Mon	Bank Holiday - No Meeting		
June				
7	Mon	Lunch		Ken Dobell
14	Mon	Lunch	Business Meeting	
21	Mon	Club Assembly	Chatsworth Hotel 5:30 for 6pm	
28	Mon	Lunch	Club Handover	
July				
5	Mon	Lunch		Ian Hunt
12	Mon	Lunch	Business Meeting	
19	Mon	Lunch		Nigel Greaves
26	Mon	Lunch		Alan Langley

DUTY ROTA

Date	Cash for Meals	Visitors Reception	Board Monitor	Visitors Host	Speakers Host, Gong and Lectern
2009					
July	Chesson	Gross	Tickle	Luck	Dodds
August	Gisby	Budgett	Barrett	Middleton	Willaims G
September	Markham	Bedford	Dean	Parker	Marsden
October	Porter	Smith	Eveleigh	Rabbitts	Smedley
November	Seath	Williams N	Coe	Rawlings	Gent
December	Cleverton	Wheeler	Greaves	Regan	Dobell
2010					
January	Coombs	Wallis	Cornish	Chesson	Gross
February	Hunt	Mundy	Wenham	Gisby	Budgett
March	Goldsmith	Cameron	Hamblyn	Markham	Barrett
April	Marsden	Dobell	Lambird	Porter	Bedford
May	Williams G	Smedley	Langley	Seath	Dean
June	Dodds	Gent	Honey	Gross	Coombs

Note: Each Rotarian is responsible for securing his own substitute.
Please advise Bryan Parker only in the event of a MAJOR change – phone 01323 501789