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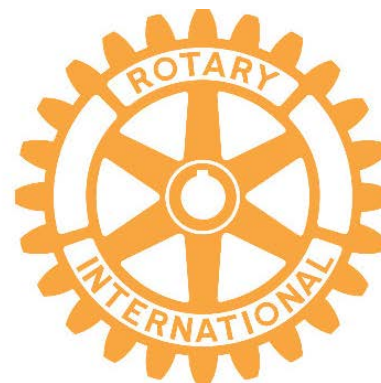
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Rotary Club of ROMSEY TEST



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Newsletter No 20, June 2018

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Do you remember "The Beast from the East"?

Peace Jam is an organisation which enables young people to work with Nobel peace Laureates in pursuit of inspiration, education and action on peace issues around the world.

As we bask in the warmth of June it is hard to recall the disruption caused by the snow in February and March. Once unfortunate consequence was the cancellation of the Peace Jam event arranged for March 2/3 at Winchester University.

Fortunately Tawakkol Karman the Nobel Laureate who was due to speak had made it to Winchester and recorded her talk and a Q&A session. This was replayed at a one day event on Saturday 21 April. All the schools and other youth groups who had originally booked were contacted and though 50% of them attended, sadly our two Romsey schools were unable to make the new date but several of our members attended. An excellent time was had, awareness raised and plans for future peace activities discussed.



Now for the good news. There will be another event at Winchester University in spring 2019 and we will be in a good position to support our local schools to attend thanks to having been awarded a Rotary District Grant to match funding from our own Club.

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Know Your Blood Pressure Day 2018

On Saturday April 14th one hundred and eight Saturday shoppers were persuaded to have their blood pressure measured in Club's seventh annual Know Your Blood Pressure day. It was a joint venture with the Romsey Open Gate Stroke Club (the local branch of the Stoke Association) who provided information and literature. We were helped by local medical professionals who made the measurements.

The results this year were in line with what we have found previously. The good news is that 69 people had normal readings but the remaining 39 were recommended to see their GP - some of them as a matter of urgency.

Having high blood pressure increases your risk of having a stroke which can be fatal or may result in loss of mobility or lead to difficulty in speaking.

Remember, if you suspect that someone has had stroke, act FAST

F ace – has their face fallen on one side? Can they smile?

A rms – can they raise both arms and keep them there?

S peech – is their speech slurred?

T ime to call 999 if you see any single one of these signs of a stroke.



Shoppers waiting to have their blood pressure measured in a Shelterbox tent . (Such as we send overseas to provide shelter when disasters strike)

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The Club has been pleased to provide funding for lockable desks for the Life Centre School in Kisumu, Kenya. The desks were made in Kenya. The school is supported by the charity Citizens4Change and the proceeds from the Asante coffee shop in Romsey

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Romsey Sea Cadets

Romsey has a strong maritime heritage. The Berthon Boat Company, now in Lymington, built collapsible lifeboats in Romsey from 1873 to 1917. Admiral of the Fleet, Lord Mountbatten's home was Broadlands and in Romsey Abbey is a memorial plaque to Bob Ward, an engineer on the Titanic.

The maritime links continue. On April 11th we heard from Nicola Geraghty, the Officer Commanding **Romsey's Sea cadets** about the experience that the Cadets' group gives to 30 young people between the ages of 11 and 17. (Lord Mountbatten was the Group's patron when it was found 52 years ago). As well as proving the young people with boating experience they also gain greatly in self-confidence - important as we were told that about half of the cadets have some form of disability.

At the end of the evening our President was pleased to present a cheque for

£250 to Nicola and to Roberto Rocca, a Rotarian from Bournemouth East Cliff who chairs the Romsey Cadets' management team.

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Yarn bombing

During this year's Romsey Festival the town's streets were brightened with colourful, amusing and imaginative knitted covers on every bollard. Each

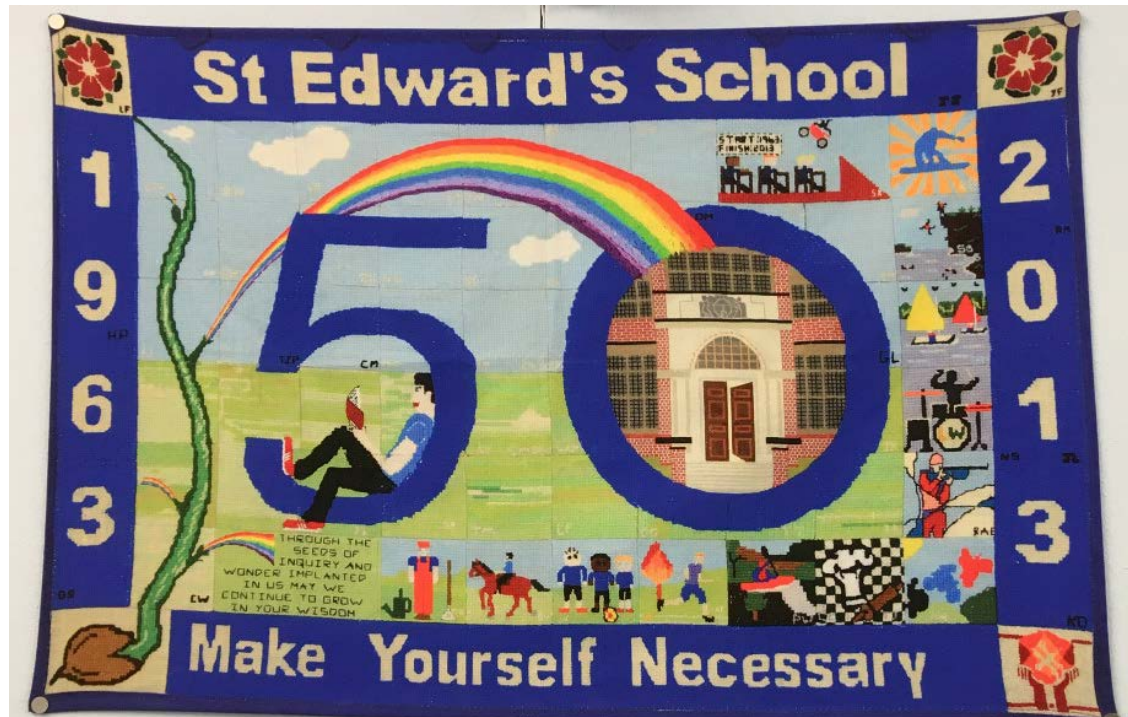
bollard had was adopted by a charity or local organisation and our Club was part of the fun.

We were represented this year with a contribution produced by the members of Inner Wheel. The design was topped with a trout - well we are the Rotary Club of Romsey Test and the river Test is one of the world's most famous trout fishing venues. The yellow ducks allude to the first event of our Rotary year, the annual Mayor's Picnic and duck race.

An almost complete gallery of the yarn-bombed bollards can be seen online [here](#).

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Visit to St Edward's School



St Edward's School in nearby Sheffield English is a unique institution that our Club has supported for many years. It caters for a small number of boys who, for various reasons, have been excluded from mainstream education. On April 4th we visited the school and learned about the challenges the staff face in turning around young people's lives.

The school has almost 50 pupils (a mix of day boys and boarders) aged between nine and sixteen. Making progress needs a huge investment of time by the dedicated staff in order to meet the wide range of challenges presented by these boys. Without the encouragement that they are given by the school,

civic organisations met with members of the two Rotary clubs in Romsey. This was the seventh meeting of the Rotary Community Group (the first was in November 2016). The meetings last only an hour and are an opportunity for people to inform one another about their activities in and concerns about the Romsey community.

Consultation has shown that the meetings are valued and that Rotary provides a vital glue and catalyst. The remaining meetings planned for 2018 are

Wednesday July 11th (breakfast)

Monday Sept 10th (evening)

Tuesday Nov 27th (evening)

WTTW - time to register

Registrations are rolling in for Walk the Test Way on Sunday October 14th and are at a level similar to this time last year. (The walkers in 2017 raised over £90,000 and benefited 158 individual charities).

It's time for YOU AND YOUR FRIENDS to register for this year's event!

What we've done about GDPR

We have updated our [privacy policy](#) and have informed all our contacts giving them the option to unsubscribe from receiving information about our activities.

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Calendar

Meetings and [events](#) for next 3 months (and beyond).

Our Club meets on Wednesdays at venues in and around Romsey. For an up-to-date list see our [Club home page](#)

- **Jun 9** **Street collection in support of Parkinsons UK**
- **July 1** **Rotary Mayor's picnic, Memorial Park**
- **Oct 14** **Walk the Test Way**

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Who's who for 2017/18

About our Club and about Rotary

The Rotary Club of Romsey Test was started in 1990 and presently has 57 members (2 honorary).

The Club was an offshoot of the Rotary Club of

President	Jon Livingstone
Senior Vice Pres	Stuart Wineberg
Junior Vice President	Bill Gidley
Secretary	Roger Shepherd
Trust Fund Treasurerer	David Upton
Club Treasurer	Nick Bellamy
Community Service	Richard Jordan-Baker
Youth Opportunities	Bill Gidley
International	Philip Kirkland
Rotary Foundation	Stewart Mitchell
Fundraising	Sandy Dunn
Walk the Test Way	Sandy Dunn
Membership	Steve George
Sports and Social	Tony Abbott
Communication	John Gould

Romsey (the lunchtime club) that meets on Tuesday lunchtimes at the White Horse hotel. We are part of Rotary International and Rotary International of Britain and Ireland. We are guided by the principle of Service above Self

The Club's activities focus on

- **Community Service** – dealing with service to the local community
- **Fund-raising** – our major fundraising event is Walk the Test Way.
- **Youth Opportunities** - working with young people around Romsey
- **International** – dealing with our international giving and including our partnership with Dentaidd to produce the Rotary Dentaidd Box.
- **Foundation** - Rotary Foundation is Rotary's own charity and deals with such global projects as the eradication of polio.
- **Club Service** - responsible for running the club.
- **Membership** - recruitment and retention.
- **Communication** - internal and external
- **Sports and Social**

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