



ROTARY CLUB OF ROMSEY TEST

www.rotaryclubofromseytest.org



Newsletter 16
April 2017

SERVICE ABOVE SELF

These quarterly Newsletters keep people informed about our club; what we have done recently and what we are planning. We would welcome **feedback**.

John Gould - Editor

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Two kinds of jam - Peace and Plum

Saturday March 11th saw over 200 young people descend on the campus of Winchester University to join Nobel Peace Prize winner Leymah Gbowee to explore "How you overcome oppression and build communities". This was the theme of the "Peace Jam" that included 16 students from Mountbatten and Romsey Schools and their mentors whose attendance had been sponsored by the Rotary Club of Romsey Test.

Peace Jam is an international youth movement founded in 1996 and led by Nobel peace prize winners in collaboration with Rotary International. Peace Jam has been nominated eight times for the Nobel Peace Prize. Its aim is to inspire young people and give them skills to :-

- Become a new generation of peacemakers
- Transform themselves, their local communities and the world
- Be active global citizens
- Choose non-violent solutions to their problems.



Romsey school students with Leymah Gbowee

After the opening ceremony Leymah explained the inspiration she found in the Women's Peace Movement which led to the end of the second civil war in Liberia and for which she was awarded the Nobel Peace Prize in 2011. In 2006 Liberians elected Africa's first female Head of State, Ellen Johnson Sirleaf. ▶

PURPLE4POLIO JAM



Tiptree Jam (Wilkin & Sons Ltd) have donated 52,000 jars of Purple4Polio jam to Rotary in Great Britain and so a jar of Greengage or Early Rivers Plum jam has been given to every Rotarian in exchange for a minimum donation of £2. By eating the jam and then collecting donations in the empty jar it is hoped we can raise £1,000,000 for **Purple4Polio**.

This is yet another effort towards the global eradication of polio.

▶ The young people then worked in "Families", on projects such as *Tools for Self Reliance* (eliminating extreme poverty), *Good disagreement* (disagreeing without conflict), *Women, water and sanitation* (empowering women in rural communities), *The Warrior Mindset* (maximising your potential), *Population matters* (climate change and population effects).

Romsey school told us that the weekend was an amazing experience and that the pupils were still really enthused by it. Teachers have commented that it has really changed the attitudes of some of the pupils. They are taking what they have learned back to their schools and community to spread their message and develop their ideas and are already looking forward to next year's event.

Focus on youth

Public speaking

For many years our Club has run the Rotary Youth Speaks competition for schools around Romsey. The competition runs through 5 stages - first an elimination round for schools around Romsey, then a round for schools in the Test Valley area, next for the Rotary Wessex district with the winners progressing first to the Southwest region and finally on to the national final.

Each team has three members: a chairperson who introduces and sums up, a proposer and a person who gives a vote of thanks. There are two age groups (intermediate 11-13 y.o.) and senior (14-17 y.o.). The proposer also has to respond to a question from the audience. Last year Romsey School seniors team reached the national final and were placed third.



Romsey school have had further success this year with their new teams both reaching the SW regional final held at Exmouth Devon on March 25th. The intermediate team had chosen to talk about "The fault with our stars" and the seniors, "The hidden side of disability". Both were highly commended but sadly did not win.

Rotary and music - a new direction



You will know that for 4 years we have run a Young Musician competition and this has given talented soloists (singers and instrumentalists) a chance to compete. We are not running the competition this year, after discussions with Stuart Marchant, the head of music at Mountbatten School, we will instead be supporting the **Romsey**

Festival of Youth Music that will provide opportunities for a much wider range of talents to be demonstrated. We hope you will support this new and exciting venture at various venues around Romsey in the first week in July.

Engineers of the future

Sixteen teams of students from 5 local schools (Bitterne Park, Hamble, Mountbatten, Romsey and Regents Park) took part in our Rotary Young Technologist competition in the Crosfield Hall on March 1st. The event was organised by the our Club supported by Southampton West and Southampton Magna Rotary Clubs. Partial financial support was



provided by Chemring (Roke Manor).

For four frantic hours the teams of 4 worked to design and build a small battery-powered device to clear debris (small wooden cubes) from a length of 2m length of plastic guttering. There were two levels of test - the

foundation teams had to push the debris whilst the intermediate teams also had to reverse their vehicle back to the start line. All the teams had to build their vehicle from a pool of basic materials and components. The teams then had to demonstrate their ingenious devices to a team of 5 judges (all professional engineers). The teachers were not let off the hook, they took on the advanced level challenge to not only push some heavier debris (pebbles) but to gather it up and bring it back to the start. They too had to demonstrate their engineering creation.

Much to the students disappointment the teachers successfully proved



their competence. Taking all of the design and documentation aspects into consideration 1st prize in the Foundation class went to Sholing Team A, with Bitterne Park Team B runners up and

Romsey School Team B in 3rd place. In the Intermediate class Hamble Team C were placed 1st with Hamble Team B runners up.

Overall it was concluded that the event had been a great success made all the better by the diligence and excellent behaviour of all the students involved. Rotary look forward to running the next Technology Tournament early in March 2018.

Reaching into the community

Measuring blood pressure

For the fifth successive year our club has taken part in the Know Your Blood Pressure initiative run jointly between Rotary and the **Stroke Association**. High blood pressure is a leading cause of strokes, the consequences of which are often life threatening and at best life-changing.



Once again the event was blessed with perfect weather and we managed to persuade 111 people to have their blood pressure measured by health professionals including volunteer paramedics from the SW ambulance service. We particularly targeted people of working age (most people of retirement age are well aware of their blood pressure!). Using the Stroke Association guidelines we advised 28 to see their GP within a month, 3 within a week and one was recommended for immediate attention. If you suspect someone may have suffered a stroke remember the F-A-S-T test

Face: look at the person's face and ask them to smile. Has their face fallen on one side?

Arms: ask the person to raise both of their arms and keep them there. Are they unable to raise one arm?

Speech: ask the person to tell you their name, or say 'hello'. Is their speech slurred?

Time: if you spot any of these signs, always call 999.

If you wondered about the red bubble car, it is a Messerschmidt and has become a regular feature of KYBP day as has the **Shelterbox** tent as used to provide the essentials of life for the victims of natural or manmade disasters throughout the world.

Wishes granted

The KYBP day also marked the start of Romsey Tell us your Wish when we ask people to tell us about where there is need in the community and how we might help.

The event will end at the start of July following the Mayor's Picnic. So if you have an idea of how we might help please **let us know**.



Rotary Community Group

Thirty representatives of local charities, schools, businesses and civic organisations met in the White Horse Hotel Romsey at the second of the quarterly meetings of the Rotary Community Group - a joint initiative between the two Rotary Clubs in Romsey. These short meetings - they deliberately only last an hour - are designed to allow people living busy lives to share ideas about initiatives that could help our local community, to learn more about what Rotary is



already doing and for us to seek assistance and support for our activities.

The next meeting will be held on Tuesday June 20th. Please **contact us** if you would like to come to the meeting and see what the group does.

Fun and entertainment

A regular and extremely popular event in the Rotary calendar is Reminiscences of Romsey at which we and the ladies of Inner Wheel provide Romsey's older citizens with an afternoon of companionship, tea and entertainment. On Saturday March 11th among the 200 guests from a dozen local support and companionship groups were 3 centenarians. This year, as well as the usual show of old photographs by local historian Charles Burnett was "Rotary's Got Talent" bearing only a passing resemblance to the TV show and featuring three acts; a diminutive Elvis



P. Resley, Alison with her talented (but invisible) whippet "Solo" and a very emotional tenor, Placebo Domino.

After tea, sandwiches and cakes there was singing by the younger members of Romsey Youth Children's Choir conducted by Marion Maxey and the afternoon concluded with a rousing sing-along. A great time was had by all.

Broadening our horizons

Many of our weekly meetings feature talks and these cover a wide range of topics. In the past few months they have included :-

- The work of the **Country Trust, Hampshire** introducing children to the countryside.
- Ian Murray, then chief editor of the Southern Daily Echo group of publications
- The search for extraterrestrial intelligence
- On the weird and wonderful world of advertising
- The **Princess Royal Trust for Carers** - supporting carers when they themselves need help
- **Makaton** - a new sign language to aid communication

About our Club and about Rotary

The Rotary Club of Romsey Test was started in 1990 and presently has 58 members (2 honorary). The Club was an offshoot of the **Rotary Club of 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

Who's Who (July 2016 to June 2017)

President	Tony Trowsdale
Senior Vice President	Jon Livingstone
Junior Vice President	Stuart Wineberg
Community Service	Stuart Wineberg
Membership	Sandy Dunn
Youth Opportunities	Steve Irish
Fundraising	Sandy Dunn
International	Philip Kirkland
Rotary Foundation	Stewart Mitchell
Sports and Social	Tony Abbott
Communication	John Gould
Hon Secretary	Roger Shepherd
Trust Fund Treasurers	John Jones, David Upton
Club Treasurer	Paul Grainger

Further afield



Three years ago our club member Neill Duncan visited Kenya carrying with him refurbished laptop computers donated by our Club to help establish a business training centre near Nairobi. This was a great success and he and his wife, Margaret, have continued to sponsor two boys through school in Nairobi and keep in contact with the school in Kitengela

Neil was President of our Club in 2015/16 and through him the Club donated £500 to aid the further development of the school. Helped by this they have recently built the new classrooms shown above. Their main purpose has been to help keep girls in education who might otherwise be forced into arranged marriages from the age of 14.

Stop press - WTTW 2017
Registration is now open for the walk
on
Sunday October 8th.

This year sponsored by 

70 walkers already signed up
Please **join them** and make this a
record year.

Diary

Weekly meetings are normally in Romsey Town Hall 19.00 for 1930

First Wednesday each month is a Business Meeting.

Major events in **bold**

Date	Speaker topic or event	Speaker/organiser	Venue
Wed May 10	Visit to Solent Sky Museum	Tony Abbott	Southampton
Wed May 17	Talk - Peace Jam and Romsey School	Jess Lloyd	
Wed May 24	Around the World in 80 minutes	David Pantling	
Wed Jun 7	Rotary Kids out	Ian Bullivant	Marwell Zoo
Tue June 20	Rotary Community Group	John Gould	White Horse, Romsey.
Wed Jun 21	Talk - Kingfisher Country: an update on Fishlake and Abbottswood	Andy Lester	
Wed Jun 28	President's handover		Annie's, Kimbridge
Sun Jul 2	Mayors Picnic	Nick Bellamy	Memorial Park, Romsey
Wed Jul 12	Visit to Lyburn Cheese		
Wed Jul 19	Talk - Encouraging Entrepreneurs	Claire Sutton	
Sun Oct 8	Walk the Test Way	The Walk Team	
Oct 13/14	Rotary Wessex District Conference		Ageas Bowl, Southampton