



Cuttings



*The newsletter of the Rotary Club of Cheam
November 2006*

From The Editor:

Much to my surprise, as well as that of everyone else, here is the second issue of the new Cuttings on time. I would still plead with everyone to provide me with material. However we are pretty well off for material this time with as well as the usual reports a piece from Edward in Jersey and also from Suzan in Seoul (thank you both very much). The highlight of the last two months was the visit of RIBI president Peter Offer to the District. He was entertained at a dinner hosted by The Rotary Club of Ewell at Cuddington Golf Club. Four of our members attended, and below are the various Club Presidents pictured with Peter (second from the right)



President's Notes:



As I am writing this, we are more than one-third through our Rotary year, and

approaching our very busy period with Christmas collections and social events.

Fintan has very kindly agreed to be acting secretary during Geoff's extended holiday, and he has also agreed to organise the Christmas dinner. We can accommodate up to 50 people on December 20, so how about making this Christmas a family event? Fintan will need final numbers by the end of November. There will be live music and other entertainment as yet undisclosed by Fintan.

Nineteen Rotarians and partners attended the District Conference in Brighton, from Friday 13 October – Sunday 15. The conference was good in parts but when will Rotary learn that we are not all 70-plus and Glen Miller and big band music is not what we all dance to? What happened to the Sixties?! I would like to thank all Rotarians who supported me at this event, including making sure that I didn't trip up on any pavements. My colleagues in Carshalton and Carshalton Beeches clubs made sure I got across the stage in the parade of presidents without any mishaps. I really enjoyed all your company and although the conference was not too hot in parts, it was more than compensated for by the fellowship. I particularly appreciated Alan Bone returning from Spain to accompany me to the presidents' reception (and drink a glass of pretty awful wine!)

Let's all support Howard next year in Lille, France. The bookings for this conference will be made in April 2007 and

we believe it is the same weekend in October as this year.

I would like to thank Peter Thomas for all his hard work on the "Sutton Six" brochure, which is looking very good. Let's hope this attracts some new members and that it will be available for our Christmas collections.

At the moment we have five members on leave of absence. Should I read anything into this?!

Gerry will be soon approaching you all to start signing up for the static Christmas collections at Tesco's on 8 and 9 December, where we will be operating until 9pm, and at Sainsbury's North Cheam on 23 and 24 December. We really need all of your help and support to make this a good year.

Jill Whitlock

International Activities:



All the monies for our Indian Village School project have now been received in India and work has started on the toilets and library facilities. We received a very nice note from The RC of Madras Nagar on behalf of the school and pupils thanking us for our efforts and promising to keep us in touch with developments. I will update members when news is received. Many thanks to all of you who helped us raise the monies required.

After a bit of a hiatus on the communication front things are now progressing quite well with the Botswana project. Our partners in this venture, The Rotary Club of Selebi Phikwe, are putting the material together for a matching grant application. The likely total cost for the project is in the region of £9000, and we have committed to raising £4000 of this. This means that if Selebi Phikwe is able to raise £500 then with the matching grant the total project costs are covered. We have recently received a cheque for £1000

from The Parish Church of St. John the Baptist, Stoneleigh as part of their Charitable Giving for 2006. This brings the total raised to date for the project to £2500. Below are photographs of the building that will become The Olerato Day care and Counselling Centre, and of a group of the local ladies involved in the project.



We continue to purchase and fill Aqua Boxes, and to date Hatim has completed five.

Pon Daniels

Sports Report:



We are still involved with the first round of some of the sporting activities, even though the deadline for completion was

31st October, par for the course for Rotary I guess.

Hatim and Alan won their Bridge, whilst Ron and Jean had to withdraw (I wonder why Jean?).

Mike and Ron were thrashed at Dominos as were Fintan and Ron at Snooker.

Jean's team won their Darts, and the rest? Who knows!!!

Steve Cunningham

Jersey Jottings:



Summer has come and Autumn is now with us.

As reported in the last Jersey Jottings Rotary Club de la Manche part organised the ITEX Walk in Mid June for the fifth time. Since the walk commenced 16 years ago it has raised over £1M and this year about £106,000. Over 1,100 walkers took part and about 600 finished the 48.1 mile hike around the Island. Not for the faint hearted, however 2 nine year olds and a 78 year old did the whole circuit. Yours truly was responsible for the registration at the start and it began at 1 am with the walkers leaving at 3. Back home at 4 and to bed but at Shopmobility for the day from 9 so not much peace for the wicked!

We had our normal barbecue at Le Ferme. This is a dairy farm in the north of the Island owned by Anne Perchard who has been President of the Jersey Cattle Association International. She brought up 3 sons alone, has a large herd, a considerable area of farmland for both cattle and potatoes. She is also very involved with her Parish, St Martins and each year she has an open day when the farm is on display, there is a boot sale, funfair and generally a good time is had by all. At the end she raises considerable funds for the local church and a second

charity. I call her "Queen of the Cows" and this is meant to be complimentary, not rude.

Our latest new member is a young lady, Annette Blanchet introduced by our current President. She will be the fourth lady member and I must admit that for their numbers they do much more work than the men. For the next 2 years we will have a lady President.

As ever I must mention Shopmobility which seems to be ever increasing its activities. We now have 49 powered vehicles and about 30 manual ones. We went to a Country Show in St Ouen's, at the west of the Island, to Jersey Gold and to the Seaside Festival at Havres des Pas. At the last we collected just over £1,000 in a couple of buckets.. As we still have £ notes they were not quite as heavy as they would be in the UK but still heavy enough. There is a gambling game called Crown and Anchor and we were given half the profit from this show of £443 and put this towards 5 more manual chairs. At the Mobility Show in Swindon in June I tried some small scooters which break down into 4 pieces to go in cars and bought 3. They were so popular that we have bought a further 2 and use mine as well. In October I collected for 12 hours a day at a garage and raised just over £1,000 which is £28 per hour so not bad when many of the people have only plastic with them. We are almost out of room for any more equipment and may have to search for more space next year if the expansion continues at the present rate which is unlikely. We will be at the Rosarians Show in the gardens of the Earl of Jersey next June and also at a number of other events in addition to those of this year. At our first AGM we reported having raised over the first 18 months £90,000. We have over £30,000 in the bank and providing we can continue to raise revenue money at the rate of over £20,000 a year will have a secure future. It is hard work but fun!

The biggest event of the Tourism Year is the Battle of Flowers held on the second Thursday of August. We supplied 4

scooters for the day parade for carrying disabled people from the entrance to their seats. We did the same for the moonlight one the following day. On both occasions they could have had more so we have learnt for next year. We took part with our Secretary, a polio survivor, one of Pam's granddaughters and I in decorated scooters. We were not part of the judged classes but just another spectacle for the paying public to see. We all enjoyed ourselves and it is quite different being in the parade than sitting watching it.

Those of you who know me will realise that I find spare time a waste so I have now taken on the job in Bowls Jersey of being responsible for visiting teams. Not too much but it relieves the Secretary of some of her enormous work load.

Rotary Club de la Manche is responsible for the Radio Auction at Christmas as part of the Joint Service Clubs Christmas Charity Appeal and we had a brainstorm meeting recently with a representative from the evening (only local) paper and the commercial radio station. Some good ideas came out but only time will tell if they are successful in raising money. The proceeds go to food and presents for poor families and fuel vouchers for them as well.

By the time you read this it will be nearly Christmas and all that involves for both families and Charity fund raisers so have a Happy Christmas, a really good New Year and may all of our projects be successful in 2007.

Pam and Edward.

Member Services:

Speakers:

We have continued with the previous high standard of speakers, with interesting talks amongst others from Helen Rees on Climate Change, The Chief Executive of The London Borough of Sutton and a talk about Single Transferable Votes from The Electoral Reform Society.



Events:

In November there was a trip to the Theatre to see Evita at The Adelphi Theatre. Extremely enjoyable and how ironic that it should be on the same afternoon as Argentina beat England at Twickenham for the first time.

The Christmas meal (organised by Fintan) is on Wednesday 20 December at Cheam Sports Club, Peaches Close. It looks as though we will have a very good turn-out for this with numbers looking close to 50.

Membership:

Membership continues to be a high profile issue. We have Peter Kleyn from RC Woking coming to talk to us in late November to share his experiences on successfully recruiting new members.

The Sutton Six Marketing Sub Committee has now produced a publicity brochure which we hope will be ready for distribution during our Christmas collections. Hopefully this will be a useful aid in our recruitment activities.

Peter Thomas

Community and Vocational

A service that we are looking at, with a view to sponsoring, is Message in a Bottle.

Message in a Bottle

The scheme is free to the user. Whilst it is focused on the more vulnerable in our community, anyone can fall downstairs or have a car accident so the scheme can be of benefit to everybody. As a minimum it will save the emergency services valuable time identifying you and your emergency contacts it also tells them if you have special medication or allergies and is a potential lifesaver providing peace of mind to users and their families.

The bottles, which are free of charge, can usually be found in your local Chemist or Doctors Surgeries. Thanks to a number of

Organisations you may also find that you can obtain them through your local Neighbourhood Watch Group, Age Concern, Council offices and many other places including Police stations.

How does it work?

The information is kept in a bottle. The bottle is kept in the fridge where the Emergency Services will expect to find it in the event of being called to your home. They will know you have a bottle by two labels. One is fixed on the inside of the front door or the main entrance to your home and the other to your fridge.

What information is required?

The information is very basic but you this can be written down by a relative or carer. The details required are:-

- Full name and brief physical description
- Doctors name, Surgery address and telephone number.
- A brief description of any medical conditions that the person is suffering from.
- Allergies and allergic reaction to medication.
- Location of persons medication in their house.
- The names, addresses and telephone numbers of two people who may be contacted in any emergency.
- Details of any pets that may be on the premises.

It is recommended that the persons repeat prescription is kept with their medication, this is of great help to paramedics.



Gordon Drane

Some thoughts from the Orient

Anyong Haseyo

I am an Alien! What's more I possess a card issued by the Government of South Korea which proves that I am an Alien. With my height I do probably seem like an alien to Koreans who are quite tiny people compared to Europeans and Americans, even if they are the tallest in Asia.

In South Korea, all the resident expatriates have to carry their "Alien Registration Card" as a proof of identity and residence and issue it upon request. Without an "Alien Card" you cannot get anything done. Even when you want a Loyalty Card from a supermarket, you have to supply your card number.

Living in Korea, there are lots of instances when we agree, "yes we are indeed aliens!". We cannot understand Korean! We are not even able to get a gist of what Korean writing says! The most we can offer in terms of communication is a smile and a bow. These show friendship but cannot get much else done. This is when the Seoul Help Centre for Foreigners comes to our help. There is a Hotline Phone Number which is manned 24 hours by an English-speaking person for all the queries a foreigner may have.

We have learnt very quickly that bowing the head is commonly used to show respect.

What's more we quickly got used to having a smartly uniformed host or hostess greet us at the entrance of a supermarket or a department store or an office. At home, it feels very homely to have the building caretaker greet us with the customary bow and act the traffic warden and wave us on our way when leaving the building. Of course he is there to welcome us home as well!

We have learnt that if you want to show you are someone you have to move around in a chauffeur-driven big black car. White is also acceptable or grey, but if you can,

insist on a big black one. All executives, Korean or not, must have a personal driver.

As an expatriate woman if you drive your own car, you are soon regarded as an alien by your own expatriate community. It is however quite normal if you utilize your husband's driver to take you to coffee mornings or ladies lunches.

Whilst Europeans and Americans more so, will tramp on their home carpets with dusty trainers and shoes, even put their booted feet up on the coffee tables, on bedcovers and everywhere else (as seen on TV and the cinema), will actually take their shoes off to come into a home (Korean or non-Korean). This is one way the "aliens" show that they have embraced local customs. In fact I find this custom is very hygienic. Now I keep a basketful of prettily made up colourful slippers for visitors to wear upon taking their shoes off; no need to embarrass anyone of having a toe sticking out of their socks.

Koreans love to drink and to karaoke! Statistics say that they consume two and half times as much whisky as the Scots. Korea has the highest number of broadband connections per capita in the world. Only Americans have more credit cards per capita. I could not locate any statistics on this but I believe that Korean must be holding the world record for speaking on mobile phones. They are always on the phone, walking down the street, in the shops, on the train and buses, even in the elevators.

Rotary Visit in Seoul, Korea

I have visited the Rotary Club of Sae-Hanyang in Seoul. There are about 90 Rotary Clubs in Seoul and these are divided into 2 Districts. The Rotary Club of Sae-Hanyang is in R.I. District 3650.

They meet every Friday at 12.30 for lunch at the Seoul Club. The last Friday of each month is their Family Night and they have dinner meetings in different locations. There are about 25 members in the Club.

The day I chose to visit coincided with the District Governor's visit.

I was able to meet the District Governor, Assistant Governor, District Secretary and the District R.I. Program Committee Chairman as well as a Past Governor who is a member of Sae-Hanyang. All these gentlemen could speak English. Very hospitably I was invited to join this head table with the "honoured" guests.

The meeting started with lunch, which luckily for me was a choice from the buffet.

(I was not looking forward to struggling with chopsticks and a pot of tofu soup) With the coffee service, a pianist and a conductor joined the meeting and everyone sang the National Anthem of Korea, followed with the Rotary Song (Do we do a Rotary song ???). 2 birthdays were celebrated with the Korean version of "Happy Birthday to You" and a small cake, and gifts were given to the "birthday boys".

Then the guests were introduced.

What followed was a "Donation Time". Each table had a small basket in the centre together with a list. First the 2 Rotarians who had their birthday celebrated placed Donation Cheques into the basket and filled in the form to say how much they were donating and where they wanted the donation to go. Then everyone in the room started putting cash money into the baskets with many a banter being exchanged which unfortunately I could not understand. What I could understand however was that everyone was having fun and were laughing at each other's jokes. (The donation lists were read out at the end of the meeting and the amount of the donations were much more than a few pounds each!!!!).

Then the District Governor distributed some certificates and gifts to some of the members of the Club. I was told that these were for Appreciation of Service, before

he came to the microphone for his speech which he concluded with a cheer for Rotary. Next, I was invited for a brief introduction and information about Cheam.

We exchanged banners (yes, you have a banner to come) and the meeting was closed.

We concluded the meeting with some photograph taking, one enclosed for your review.

I was quite impressed with one piece of information I got to my question about what kind of projects they are undertaking. All of the Rotary Clubs in Korea are doing a joint-project: "Make Mongolia Green". Their aim is to prevent Mongolia from becoming a complete desert.



Suzan Walsh

Saving the Planet

Some helpful hints on energy usage reduction from honorary member Helen Rees:

Things you can do today at no cost:

- Turn off lights when you leave a room
- Only boil the amount of water you need in your kettle
- Turn off televisions, videos, stereos and computers when they are not in use - they can use between 10 and 60% of the power they use when on

- Don't leave fridge doors open for longer than necessary, let food cool down fully before putting in the fridge or freezer, defrost regularly and keep at the right temperature
- Close curtains at dusk to keep in heat
- Let your clothes dry naturally rather than using a tumble drier
- Turning down the thermostat for your heating by 1 degree could cut your heating bill by 10%
- Set your water thermostat for 60 degrees - this is plenty warm enough for bathing and washing and will save money too
- Use economy programmes on dishwashers or washing machines
- Where possible don't stand cookers and fridges/freezers next to each other

Things you can do in the future or with an initial cost:

- Put foil behind radiators fitted on external walls
- Use energy saving lightbulbs - they use a quarter of the electricity and last much longer
- Insulate your hot water tank and pipes
- Speak to your energy provider about their 'green tariff' - they may be able to match your energy consumption with an equivalent amount of energy from renewable sources
- Fit seals to external doors, skirting boards and floor boards to reduce heat loss - 15% of heat is lost through draughts and 15% through the floor
- Make your windows draught proof or fit double glazing - this cuts heat loss in half - up to 10% of heat is lost through uninsulated windows (NB ventilation is essential in rooms with gas, oil or solid fuel appliances so don't block of ventilation in rooms with these types of appliances.)

- Fit loft insulation - which should be at least 200mm thick to be most effective - 25% of heat is lost through an uninsulated roof
- Fit wall insulation - up to 33% of heat is lost through uninsulated walls
- Replace old inefficient boilers
- Fit solar panels or solar tiles to your roof

Transport

- Don't use your car for short journeys - these are most polluting - walk or cycle
- Use public transport as much as possible
- Share car journeys with work colleagues or friends - up to a third of all car mileage is accounted for by the drive to work
- Walk your children to school or share a run with their friends - up to 20% of rush hour traffic is due to children being driven to school
- Choose a fuel-efficient / environmentally friendly car
- Turn off your engine when waiting in your car
- Make sure that your tyres are inflated correctly - this can save you 5% on the cost of your petrol
- Take off your roof rack / remove heavy objects from the boot when not in use
- Avoid accelerating (or braking) sharply as this uses fuel more quickly. Use lead-free petrol

Water

Inside:

- Use the plug in your basin or sink - don't leave water running unnecessarily
- Always wash a full load in your washing machine or in your dishwasher
- Fix dripping taps and make sure that they are turned off fully - in one week a dripping tap can waste a bathful of water

- Have a shower instead of a bath - an ordinary shower uses two-fifths of the water in a bath but power showers use 4 times as much water as a normal shower
- Fit a water saving device in your toilet cistern or fit an 'eco-flush'

Outside:

- Collect rainwater for watering plants
- Water plants in the early evening - less water will evaporate
- Water plants at their roots
- Avoid using sprinklers - they can use up to 1000 litres of water an hour!
- Select plants that don't need constant watering (ask at your garden centre for advice.)
- Don't use a hose pipe to wash your car - use a bucket instead

Waste

- Reuse as much as possible - envelopes, carrier bags... - in the UK we generate enough rubbish to fill the Albert Hall in just one hour
- Sell unwanted things or donate them to charity shops
- Recycle as much as possible (glass, cans, paper, plastics...) in the UK we recycle about 25% of our paper compared to about 60% in the rest of Europe
- Recycle organic waste by making a composter and use it on your own garden - up to 20% of household rubbish can be turned into compost
- Use 'terry nappies' and a nappy washing service rather than disposable nappies
- Speak to your council about recycling 'white goods'
- Stop excessive junk mail by visiting the Mailing Preference Service website - up to 60% of what comes through our letter boxes is never read

- Rather than have your bank and credit card statements sent to you by post - see if you can check them online instead
- Cut down on the number of brochures that you send off for

Shopping

- Make a shopping list so that you only buy what you need and are going to use
- Buy recycled goods and goods with recycled packaging (e.g. milk bottles can be recycled up to 100 times)
- Buy organic products
- Buy goods with minimal packaging
- Don't buy disposable / throw away goods when it is possible to buy goods that are durable
- Reuse shopping bags or take your own
- Use freezer bags when buying frozen goods so that your freezer has less work to do
- Buy refillable products and refills where possible
- Buy environmentally friendly cleaning and washing products
- Buy in bulk if possible
- Cut down on visits to shops by shopping more efficiently when you go
- Buy 'Fair Trade' goods
- Buy recycled paper or wood from sustainable forests
- Grow your own vegetables

What our Assistant Governor gets up to in his spare time

On Sunday 5th November Mike Thorn competed in the New York Marathon, raising money for Barnado's and The Institute of Cancer Research. He has raised around of £2000 in sponsorship. Below are some notes from his blog about the experience.

That was the Marathon that was.....4:00:16

It is always difficult after a marathon to fully rationalise ones feelings. Definitely there was a sense of disappointment. One of the goals for coming to New York was to put a string of failure here behind me. Everything was going really well with the early running very consistent and easy - even the feared Queensboro Bridge was not too bad. The first 10 miles through Brooklyn was amazing with the crowds screaming "Go Mike" in response to my name on the front of my shirt - the more one responded the more they cheered.

Passing the enthusiastic Barnardo's team at 16 miles feeling good was a great boost, sadly it didn't last. At about 18 I had a recurrence of the groin pain noticed earlier - except this time it was sharper and more debilitating. The last 8 miles were about 100-200 yds walking and massaging the pain and then running 100-800 yds before it kicked in again. Consequently the mile times dropped from 8.10 mins to 11.30 mins per mile. That was enough to blow the target time totally out of the water - had I realised that I would creep over the 4 hour mark I would have summoned up those few second savings - but never mind. The current prognosis looks a bit like a hernia problem - one popular with a number of footballers this season!!



Congratulations Mike!