



Braunton Caen Rotary



NEWSLETTER

SEPTEMBER / OCTOBER 2019

POLIO UPDATE

BREAKING NEWS...

35 further cases of polio have been reported since the last newsletter:

- a total of 16 in Afghanistan so far this year (compared to 18 this time last year)

- and 66 in Pakistan so far this year (compared to 7 this time last year).

Pakistan is facing a new challenge: an increasing number of people are using social media to seek and share news. Rumors and misinformation about polio vaccination and the program is spreading like wildfire on social media. This is having a negative impact on the immunization programme.

Meanwhile in Nigeria, no cases have been reported since 2016.

ROTARY INTERNATIONAL

Rotary



This year's Rotary International theme for 2019-20 "Rotary Connects the World" was chosen by RI President Mark Daniel Maloney. He asks Rotarians to strengthen the many ways that Rotary Connects the World, building the connections that allow talented, thoughtful, and generous people to unite and take meaningful action through Rotary service.

Know Your Blood Pressure Day

Last year, due to poor weather, footfall in the village was low, so our "Blood Pressure on the Green" only managed to test 53 people, though even then there were some who undoubtedly benefited from advice to see their GP.

This year, we tried a different approach. We had our "Know Your Blood Pressure" event, with the support of the Stroke Association, at the August Big Summer Bash on the Recreation Ground.



High blood pressure rarely has symptoms so regular checks are important to find if you have this condition. If left it will cause damage especially to blood vessels heart, brain, kidneys and eyes. If the lower pressure is too low, this is not anywhere as serious usually, but still advisable to have it checked by a GP.

With the much appreciated assistance of Dr Guy Cockcroft and Mr Barrie Charlesworth, Braunton Caen Rotarians



tested exactly 100 people. Of these, 76 had blood pressures requiring no action, 23 were advised to see their GP within one month due to mildly raised BP, and one advised to see their GP within one week due to moderately raised BP. All in all, it was a very worthwhile exercise.



Our thanks to the organisers of the Big Summer Bash for giving us a free pitch to offer BP testing.

How to reduce high blood pressure:

You can lower your blood pressure by making changes to your lifestyle:

Cut down on alcohol. Alcohol can have a serious long-term effect on blood pressure and research has shown that heavy drinking can lead to increased risk of hypertension for both men and women.

Healthy diet and exercise help to lower blood pressure.

Keep caffeine to a minimum: it can temporarily raise your heart rate and your blood pressure. If you regularly have more than four cups a day, it's a good idea to start cutting down.



Stroke



Rotary First Aid Tips Of the Month



WHAT DO YOU DO WITH "OUT OF DATE" BANDAGES?

If you are a business then it must have "suitable and sufficient provision for first aid". This normally means a first aid kit. What it contains depends on the numbers of people, the risks involved and the likelihood of occurrence. Bandages have a "best before date" which is a guide to the chance of them being unsafe to use because of contamination through the packaging.

The best advice generally is obtain replacement bandages with a long shelf life then give the out of date ones to a youth group, school, or pre-school so that children can learn about first aid in a controlled environment.

If there is a chance of bandages being contaminated prior to the date on the packet then it would be unsafe to consider them safe to use. However, if someone is bleeding to death would you use a soiled piece of cloth to save their life if that is all you have?

Domestic first aid kits are not regulated. See if you can find someone with common sense to decide what to do.

International Umoja Tanzania



We were delighted to welcome a very special guest who was making a return visit to our club this week – Caroline Goody, founder of UMOJA Tanzania. This charity provides such a valuable service for the vulnerable youth in Tanzania; it's vision is to see young people in Tanzania educated, empowered and living free from poverty, abuse and exploitation. At our meeting, Caroline told us the latest plans for the centre to move from its current inadequate home to new sites in Arusha which are being developed. The main site will be

include classrooms, offices, workshops, extra-curricular areas, gardens, sports ground, meeting spaces and more. The second site contains a large walled compound with various accommodation options, kitchen and gardens. Braunton Caen Rotary is currently working with Mont Albert and Surrey Hills Rotary Club in Australia to raise funds for Phase One. We are hoping to apply for a Global Grant with Rotary International to complete this work. Exciting times ahead!

International

Mary's Meals

On August 14th, 26 Rotarians enjoyed a supper and musical entertainment which raised over £400 for the Mary's Meals Charity. With Gift Aid this will be £500. Guitarist Jules Moberley performed a solo set of guitar tunes with a Spanish flavour. Grateful thanks to Peter & Pat for hosting yet another amazing event. Just under £14.00 pays for a whole year of school meals ie approx £0.08 per meal!



Mary's Meals World Porridge Day, 10th October 2019.

This annual event has been supported by Braunton Caen Rotary Club for a number of years and we await what our International Lead has instore for us in 2019!!??

Youth Update

Youth Speaks

The club was delighted to present special awards to the Senior and Intermediate Youth Speaks teams at the end of term whole school Assembly.

The Rotary Youth Speaks season is upon us again. The format for the Senior and Intermediate competitions has changed slightly. Teams will now put forward two sides of an argument in the form of a debate. The junior competition remains the same. We are delighted that Braunton Academy and Southmead Primary School are both entering again this year and would welcome teams from Caen and Kingsacre schools to enter the fray.



Literacy Project

The final session of this years Literacy Project started on Monday 23 September. It has been a terrifically successful year so far with all of the selected pupils making significant progress. Indeed most of the pupils have increased their reading age by up to two years, and have improved skills in comprehension and increased confidence. We have been delighted to receive many positive comments from teachers and parents.

We are also very grateful to Professor Jean Crabtree who has generously provided funding for this and the previous term from the Ritchie Charitable Trust.



International

Braunton Caen Rotary has donated £500 to the Rotary in Great Britain and Ireland's Disaster Recovery Trust's appeal to help those who have been affected by Hurricane Dorian in the Bahamas.

Foundation



Until polio is totally eradicated, every child is at risk of this highly infectious, potentially life-threatening and paralysing disease. To commemorate World Polio Day, Braunton Caen Rotary will be planting crocus corms on the grassy areas near Wensleys and selling silk crocus buttonholes on 24th October 2019. Please do look out for us in the village.

Fun & Fellowship

Ilfracombe Lifeboat Service



Rotarians Jackie, Roger and Sheila attended the Annual Lifeboat Service on 4th August 2019 at 18:30 on behalf of Caen Rotary.



The weather was cloudy and a threat of rain, so we were pleased to see that the service was being held in the lifeboat house.

The lifeboat had been placed on the slipway in case there were to be a "Shout" during the service and could be quickly launched.

The South Molton Brass Band provided the music, playing a medley of music prior to and after the service. They played a very atmospheric composition at the beginning, where we could imagine the sea, either calm or raging.

During the service the Rev Churcher blessed the lifeboat flag and crew; he also acknowledged the treacherous task the crew endure during a "Shout".

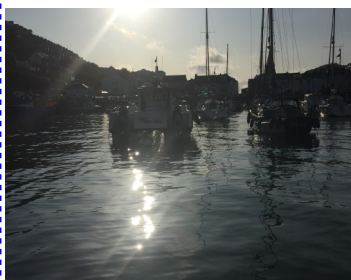
There was a tribute to the late Barry High, who together with his wife, donated the monies for the current Lifeboat called "The Shannon". The service was a joyous event, although not that well attended by the public.



Summer Programme, Part 2

Coastal Wildlife Sightseeing Boat Trip

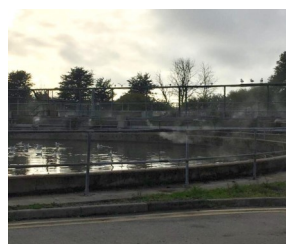
As part of the continuing summer programme of outings, on August 28th an intrepid party of Rotarians, their families and friends (totaling 46 in all including some young children) embarked on an evening coastal wildlife sightseeing voyage aboard



the Ilfracombe Princess. Upon leaving the harbour the catamaran steamed past Damien Hirst's statue, Verity, and turned north up the Bristol Channel. The boat visited the coves of Hele Bay, Samson's Bay and Watermouth Bay, heading in close to shore to see Watermouth Castle and the caves, then onward towards Broadsands beach and Sandy Bay outside Combe Martin. Sadly due to the spring tides, we had to turn for home then in order to enter Ilfracombe harbour with enough water to clear the sand. However on the return journey we were lucky enough to see porpoise playing in the sea as well as a multitude to seabirds. All agreed it was a very enjoyable evening.

Ashford Waste Water Treatment Works

In contrast, two weeks later a hard core of Rotarians and friends, numbering 13, visited the 'South West Water Waste Water Treatment Works' at Ashford. Having been kitted out with high-visibility waistcoats, hard hats and gloves we were taken on a guided tour of the works by Jenny and Berni. It proved to be a very interesting and informative tour, discovering how the water is screened and grit and rag are removed before treatment of the waste water by primary settlement and two stage biological treatment by aerated flooded filter. Final effluent is UV irradiated prior to release to the estuary. As the Taw estuary is an area of outstanding natural beauty, a stop-over for migratory birds and the waters are a designated



shellfishery with otters inhabiting the river and its tributaries, it was most reassuring to see the care with which the waste water was treated so as not to disturb the river ecology. Our thanks to SW Water for allowing us to visit and especially to Jenny and Berni for their expert knowledge and most interesting and enjoyable tour.

October Diary Dates

Braunton Caen Rotary



Wednesday 2nd October	Memory Café Working Group, 18:30 The Mariner's Arms Open Meeting, 19:00 The Mariner's Arms
Friday 4th October	Bingo at The Parish Hall, Braunton. Set up 18:15; eyes down at 19:45. All welcome.
Wednesday 9th October	Speaker Meeting: Lisa Wallis, Chemo Hero. 18:30 The Mariner's Arms. All welcome.
Tuesday 15th October	District Council, 19:00 at Portmore Golf Club, Barnstaple
Wednesday 16th October	Open Meeting, 19:00 The Mariner's Arms
Tuesday 22nd October	Club Council meeting, 19:00 hosted by Stan
Wednesday 23rd October	Scatter Week - an opportunity to attend other Rotary Club meetings. NB No meeting at The Mariner's Arms
Thursday 24th October	Braunton Fair Committee, 19:00 The Williams' Arms
Saturday 26th October	Planting crocuses in the village (morning time tbc)
Wednesday 30th October	Caen Memory Café 14:00-16:00 Mariner's Close; entertainment by Anchors Aweigh! All welcome. Speaker meeting, Chelsea & Paula on their visit to UMOJA Tanzania, 19:00 The Mariner's Arms

MEMORY CAFÉ and Meeting Point

ANCHORS AWEIGH!

A Sea Shanty Band from
Woolacombe will be
performing in the Lounge

Mariners Close,  Wednesday
South Street, 30th October
Braunton 2 p.m to 4 p.m

Free Entry, friendly and informal.

Please join us for chat, fun and refreshments.

Braunton Caen
Rotary

For More information - Contact
Stan on 01271 816340

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SAVE THE DATE!!

16 May 2020: Joint Presidents' Night with Ilfracombe Com-
pass and Braunton Caen Rotary Clubs @ The Barnstaple

Club Contact Information

Website: www.brauntoncaenrotary.co.uk

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Meeting place

The Mariner's Arms in South Street, Braunton.
Wednesday Nights at 7.00pm—8.00pm



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