

# NEWSLETTER



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## ABOUT US

**GIVE SOMETHING BACK:** If you enjoy helping others, connecting with Rotary gives you the chance to do something really worthwhile. What is more, as a member of Rotary you will benefit from being part of a large, internationally trusted organisation.

**FUN AND FRIENDSHIP:** Rotary membership is a lot of fun. We arrange a lot of activities which provide a welcome distraction from busy lives and the opportunity to make new friends who share common values.

**BUSINESS OPPORTUNITIES:** Rotary was founded over 100 years ago as a business networking club and this is still part of Rotary life. Ethical practice is encouraged and, with members drawn from all walks of life, the opportunities to network are endless.

**PERSONAL DEVELOPMENT:** You will develop your cultural and social awareness through membership of Rotary as well as public speaking, social, business, personal and vocational skills.

[www.maidenheadbridgerotary.org.uk](http://www.maidenheadbridgerotary.org.uk)

## FROM THE PRESIDENT!

Welcome everyone to the January edition of our wonderful club Newsletter! I hope it's not too late to begin by wishing everyone a Happy New Year, although the tinsel has long been put away.

Over the Christmas period many of us are even more aware of those less fortunate than ourselves. Many busy Rotarians, who adopt the Service Before Self motto every single day of the year dig even deeper into their hearts, and pockets in many cases, to help make a difference to the lives of so many.

I experienced yet another wonderful benefit of being a member of the Rotary family this Christmas. As many of you know, I work as a Mentor, helping people overcome the barriers and challenges that they face in everyday life. One elderly lady I have been helping for several months lives on her own in very rural part of our District 1090 and has spent Christmas Day for many years all alone, with no family or friends to celebrate with. At the Interact Day in September, I spotted a Rotarian from the town where my client lives (thanks to well branded club clothing). I introduced myself, had a chat, and within minutes I had details of a Christmas Day lunch for people who would otherwise be on their own. My client attended the lunch, and has since spent a good hour telling me all about it, who she sat with, what she ate etc. What a difference from spending Christmas Day feeling lonely and isolated! A testimony to the power of our wonderful Rotary network!

Back in Maidenhead, members of our club have had many opportunities to volunteer over Christmas and they've been out in force to help spread festive cheer throughout the town. Reindeer Racing, Santa's Grotto, Carol Singing, helping with Santa's Sleigh and of course our regular commitment to Foodshare which is more important than ever over the Christmas period. Read more about these further on in the Newsletter.

No chance of a rest in January with a team from Maidenhead Bridge taking part in the Lion's Swimathon and our annual Health Awareness Day in the town centre, and into February we're looking forward to the 24 Challenges in 24 Hours event, hosting the District round of the Rotary Young Chef competition and much, much more!

A massive thank you goes out to all our club members who put so much time and energy into making our club so fantastic and to everyone who has contributed to this edition of the Newsletter.

Here's to an exciting 2017!

*Victoria*



**WE BUILD  
LIFELONG  
RELATIONSHIPS.**  
[www.facebook.com/rotary](http://www.facebook.com/rotary)



# ELVES HELP SANTA IN GROTTO



Father Christmas took up residence in the Nicholson Centre again this year for 4 Saturdays. Stephan from Maidenhead Thames club was as always the main organiser and did a great job of liaising between his club, ours and Rotaract.

Volunteers from our club covered almost 50% of the sessions and club members seem very happy to dress up as Elves. There does seem to be rather a reluctance to dress up as Santa however! Perhaps it is an age thing, no one wanting to accept the white hair. However that did not cause too many problems as there are plenty of Rotarians in Stephan's club who have the age and experience to fill the roll. Some come complete with Santa's fuller figure, no cushion required!

It is a very enjoyable event to take part in. The little kids always get very excited and still have that sense of belief and wonder. The babies in arms are thrust by new parents at Father Christmas trying to get that "first Christmas photo". They babies always immediately start howling! The older kids who no longer believe still enjoy their little sibling's excitement. One or two

teenagers want selfies but have to make sure no mates are watching. Without fail a Grandma or two makes an inappropriate suggestion about sitting on Santa's knee! All in all a very Christmassy feeling.

Over the 4 days, £1,176.80 was taken in donations and 1,124 children met the big man in red and went away clutching a small gift. Our share will reach us in the New Year.

**Adam**





# BRINGING CHRISTMAS CHEER

## ANNUAL REINDEER RACING

It was a race to the finish line at the annual Reindeer Race in the Nicholson's Centre before Christmas. For the fourth year running the event, a firm favourite of the club, pulled in the crowds to watch competitors wind toy reindeers and sleighs across the line.

Races cost £1 a go with money raised going towards Hearing Dogs for the Deaf, which trains and provides assistance dogs to the deaf and hard of hearing. This year the event included a reindeer mascot and one from the charity, which the definitely helped encourage children to have a go!

This is one of my favourite events of the year, so simple and yet so much fun and all for a great cause. I love that we bring Christmas cheer to the town centre in between the madness of the present shopping! It not only puts a smile on the public's face, but also on all of ours as we try to beat each other across the finish line!

*Lisa*



## STARTING 2017 WITH A SWIM!



The Christmas excess was the sole motivator pushing me out of bed early on the first Saturday in January to complete a sponsored swim. The Rotary clubs in Maidenhead have long been supporters of the annual Swimathon, organised by Maidenhead Lions, putting together a team of super keen 'early birds' to take part alongside swimming clubs and Scouts that fly up and down the lanes. Our pace is considerably more sedate, but it's the taking part that counts!

This year we had been given a much more relaxed wake up call, expecting to get into our lane at 9am rather than 7am as usual. Most of us welcomed the extra hour in bed, but unfortunately it turned out that this was an admin error, and we should have been in at 7am! Following a team huddle, we established that we wouldn't be able to swim on the day but keen not to let down our many sponsors, we settled on returning to the Magnet to complete our challenge the following week.

So 7 days later our intrepid team of swimmers pitched up just after the usual Saturday morning lessons in order to complete our challenge. Unfortunately, this proved to be a very busy time of day for lane swimmers, so we took our usual number of lengths in the hour and split them amongst the team, so that we could knock out the lengths as quickly as possible without upsetting other swimmers!

Happily, we can report we achieved 60 laps (120 lengths) and raised an expected total of £725 in the process - 50% of which will be returned to us in due course for donation to Rotary charities. Thank you to the team of swimmers that took part, and those of you who sponsored us to haul our backsides out of bed (twice!) - we're already taking volunteers for next year if anyone's interested! *Laura*

# LET'S DRINK AND BE MERRY!



It's Saturday 17<sup>th</sup> December, and members of the Rotary Club of Maidenhead Bridge are ready to party! Then venue, The Thames Hotel, Maidenhead.

It started off extremely civilised. A glass of fizz on arrival and everyone was soon in the Christmas Party mood. Dinner was served, and it was Rotary fellowship at its best, with light hearted banter and lots of laughter, sprinkled with a little festive tomfoolery.

I wasn't planning on doing any Presidential speeches however the pressure started to build and towards the end of the meal I found myself standing up wearing a pair of ridiculous oversized sparkly spectacles and spouting some nonsense about how great everyone was and what a fantastic Rotary club we had. In fact, that wasn't nonsense at all, and contrary to popular belief I was stone cold sober and I meant every word of it. I was also totally delighted to announce that our wonderful club member Nisha had now been awarded British Citizenship. This is fantastic news for both Nisha and our club. A harder working volunteer you will not find! Congratulations Nisha!

So with these happy tidings in our hearts we continued to eat, drink, and be merry! VERY merry in some cases!

Massive thanks to James and Kevin for organising a great party, and paper crowns off to the pair of them and Elisa-Jade for making it on to the dance floor!

The evening did however throw out one curious question....what exactly IS a "Spoon Skidmark"???





# SPEAKER MEETING: **MAKE A WISH**

On Sunday 4<sup>th</sup> December we were joined at our club meeting by Steve Easton, a volunteer for the charity Make a Wish. The charity started in 1986 and grant magical wishes to enrich the lives of children and young people fighting life threatening conditions.



The charity is based in Camberley, and has granted over 9000 wishes since it started 20 years ago, from being a Superhero for a day, to family trips to Disney World. Wishes can be anything from starring in their own films, walking with dinosaurs, going on an amazing holiday, meeting a celebrity hero, or having a life-changing bedroom makeover; their wishes are varied, personal and, most importantly, magical.

They go above and beyond to grant very special wishes to very special children; their dreams made a reality at a time when they need it most, because a child's life shouldn't be about illness, hospitals and diagnosis – it should be about wonder, joy and hope.

They've seen the effects a wish can have on a seriously ill child: from creating incredible memories, building confidence and bringing happiness, to providing respite from the daily struggles that come with a life-threatening condition.

Find out more about this amazing charity at [make-a-wish.org.uk](http://make-a-wish.org.uk)



## **SANTA MAKES HIS ROUNDS!**



Once again we joined forces with Maidenhead Round Table to help on the very first night of the Santa Sleigh round the town.

With several collecting elves and Costa as our very own Santa we set out on a cold...but dry night in the St Marks area of town.

This is always a very enjoyable event, its wonderful to see all the festive lights but even better than that is the huge smiles on the children's faces as Father Christmas pays them a very special visit right at their front door!

More than £5,000 was raised over the 17 nights, which will be donated to various charities, including our own club.

*Lisa*



# REVIEW: FILM NIGHT

## DEADPOOL



The film night was great fun! With good wine, good films, and good Doritos! I must say that enjoyed myself very much!

Our first film was Deadpool, the "renegade" marvel film. If you haven't seen it, and you are expecting an Avengers/X-men style film, this will surprise you! There is quite a surprising amount of comedy, balanced off with an alarming amount of violence and gore. That being said, the gore and violence, if you know your comics, is very much a necessity.

I know my opinion is slightly biased, as my inner geek giggles like a school girl whenever a new comic book movie is announced, but this one will be in my favourites pile for many years. If you haven't seen it, you may be pleasantly surprised (or horrified)

"A TRIUMPHANT FILM"

"EDDIE REDMAYNE & FELICITY JONES ARE EXTRAORDINARY"

"A GREAT FILM IN EVERY SENSE"



The second film. The second film wouldn't have been in my list of films to see. The Theory of Everything, which stars Eddie Redmayne, was an excellent movie. I must say that i am not a fan of this style of film, nor Eddie Redmayne as an actor, but i am able to appreciate the brilliance of both here. This tells the fantastic, but also tragic tale of the genius of Stephen Hawking, and how, although given two years to live, he went on to be one of the greatest minds in history. All in all, this was a great film, and if you get a chance to see it, you won't be disappointed.

Mike

# REVIEW: MAIDENHEAD DRAMA PANTO

On Friday 16th December I ventured into The Desborough Theatre to watch what had been widely promoted as "the Maidenhead Panto". The cast were part of the celebrations a couple of weekends prior where Fairy Beansprout & Poison Ivy joined the team braving the cold to switch on the lights and start the fireworks.

With a 12ft Giant, on oversized cow and an 18ft beanstalk the production was bound to be truly supersized. Being 6'8" and by far the tallest member of our club, I thought I'd fit right in!!! This years' panto is full of big laughs, over the top characters, some great tunes, lots of mess and plenty of areas to get the audience right into the thick of the action.



As with most panto's there were plenty of youngsters in the audience, screaming "SHE'S BEHIND YOU!!!" at any given moment, booing Poison Ivy (Samantha Partridge), cheering Fairy Beansprout (Beth Wood) and generally having a lot of fun.

After the performance (as I'm actually looking to get involved later in 2017 - more on that in a while), there was the usual company curry at Chutney Jacks which was quite simple - yummy!

The next Maidenhead Drama Guild production is "The Regina Monologues" 22nd - 25th March at The Studio, Norden Farm.





WE TRANSFORM COMMUNITIES

## We take action locally and globally

Each day, our members pour their passion, integrity, and intelligence into completing projects that have a lasting impact. We persevere until we deliver real, lasting solutions.

16  
MILLION  
volunteer hours  
each year



## RECIPE CORNER

Elisa-Jade, one of our new members, is a qualified chef with over 29 years' experience cooking at some of the finest places, she currently heads up a flag ship corporate fine dining kitchen in the heart of Surrey. Food is one of Elisa's biggest passions and over the years has claimed a number of awards including getting on to MasterChef a few years ago.



## Moroccan Chicken and Chickpea Soup

### Ingredients:

- 4 chicken thighs, boneless, diced
- 2 onions, chopped
- 2 garlic cloves, chopped
- 1 green chilli, chopped
- 2 tsp paprika
- 2 tsp cumin seeds
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/2 tsp ground cardamom
- 1/2 tsp ground cinnamon
- 5 dried apricots
- 1l chicken stock
- 1 tbsp. of tomato purée
- 400g of tinned chopped tomatoes
- 400g of tinned chickpeas, drained
- 1/2 lemon, juiced
- 1 bunch of coriander, small, chopped
- 1 bunch of mint, small, chopped
- 3 tbsp. of olive oil
- salt
- pepper

### Method:

1. Heat the olive oil in a large saucepan and add the onion. Fry gently for 7 minutes on a low heat before adding the garlic, green chilli, paprika, cumin, coriander, smoked paprika, cardamom and cinnamon. Cook for a further 3 minutes until the onions are soft
2. Add the diced chicken, dried apricots, chicken stock, tomato purée, tomatoes and chickpeas. Simmer for 20 minutes
3. Add the juice of half a lemon and season to taste. Garnish with chopped fresh coriander and mint just before serving



# FEATURE: HEALTH AWARENESS DAY 2017



It's January, it's time to think about getting fit and healthy for 2017... so we ran, for the fourth year running, our annual Health Awareness Day, inviting town residents to pick up some health tips and information alongside sale shopping!

We took over a unit in the Nicholson Centre from 10am to offer advice and information on getting fit, eating healthily, the effects of high cholesterol and how to manage it, diabetes, and the risks of high blood pressure – all completely free of charge with no obligations. Over 80 people took us up on our offer.

After having their blood pressure checked 21 people were advised to visit their GP within a month and five were advised to visit their GP within a week. This proves that these events really do potentially reduce ill-health and perhaps save lives.

For the first time this year we teamed up with Lloyds Pharmacy to offer free cholesterol checks and blood sugar tests; giving advice on how to lower cholesterol levels and avoid contracting diabetes, which is an increasing healthcare concern. Of those who were tested 10 were advised to make changes to their diet immediately, 5 were asked to visit their GP for further tests and 1 person was referred immediately for in-depth cholesterol checks.

The diabetes testing proved to be such a popular addition to the day that we are considering running the same event in a few months' time.

Thank you to everyone who helped out in the planning, preparation and on the day for the Health Awareness Day. It went really well with fantastic support from club members and both of our other neighbourhood Rotary clubs. Everyone who passed through was very complimentary of the event and we have certainly made a positive impact on the health of our community.





**Rotary**

Club of Maidenhead Bridge



# THE 24/24 CHALLENGE

February 25-26

AT THE MAGNET

**swim, dance, cycle, hula-hoop!**

Maidenhead Bridge Rotarians taking on 24 physical and mental challenges in 24 hours. Raising money for The Rotary Foundation and End Polio Now

[www.maidenheadbridgerotary.org.uk/24-challenges](http://www.maidenheadbridgerotary.org.uk/24-challenges)

Call Lisa on 07876 341334

# FOCUS ON A CLUB MEMBER:

## DAVID GRATTON



**What do you do for a living?** I work for the Imperial College London at their small scale Nuclear Research Reactor in Ascot as the Security Systems Manager I'm also involved in the decommissioning of the facility.

**What do you do for fun?** TV, Cinema, walking

**Can you tell us something we may not know about you?** I once sang live on stage at the O2 with Chesney Hawkes

**Where did you go on your last holiday?** Golf du sur Tenerife

**What is your favourite book/film and why?** Star Wars and why not!!

**Why did you join Rotary?** To give back to others

**What have you enjoyed most in Rotary so far?** Meeting new people and taking part in the activities

**Which Rotary events are you looking forward to?** Easter Fun day

**If you could describe our Rotary Club in 3 words what would they be?** Exciting, interesting and Fun

## 2017-18 ROTARY THEME ANNOUNCED:

### *Rotary: Making a Difference*



**ROTARY:  
MAKING A  
DIFFERENCE**

Rotary International President-elect Ian H.S. Riseley made the case that protecting the environment and curbing climate change are essential to Rotary's goal of sustainable service.

Riseley, a member of the Rotary Club of Sandringham, Victoria, Australia, unveiled the 2017-18 presidential theme, *Rotary: Making a Difference*, to incoming district governors at Rotary's International Assembly in San Diego, California, USA.

Environmental degradation and global climate change are serious threats to everyone, Riseley said. "They are having a disproportionate impact on those who

are most vulnerable, those to whom Rotary has the greatest responsibility. Yet environmental issues rarely register on the Rotary agenda," he said.

Environmental degradation is one of the major threats listed by the UN's High-level Panel on Threats, Challenges, and Change.

Riseley added, "The time is long past when environmental sustainability can be dismissed as not Rotary's concern. It is, and must be, everyone's concern."

The president-elect challenged every Rotary club to make a difference by planting a tree for each of its members between the start of the Rotary year on 1 July and Earth Day on 22 April 2018. Trees remove carbon dioxide and other greenhouse gases from the air, which slows global warming.

"It is my hope that the result of that effort will be far greater than the environmental benefit that those 1.2 million new trees will bring," Riseley said. "I believe the greater result will be a Rotary that recognizes our responsibility not only to the people on our planet, but to the planet itself."





# UPCOMING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23 Jan 2017	24 Jan 2017	25 Jan 2017	26 Jan 2017	27 Jan 2017	28 Jan 2017	29 Jan 2017
Joint Rotary in Maidenhead Meeting		Food Share Volunteering @ 6pm			Foodshare Volunteering (9am) @ Foodbank store	
30 Jan 2017	31 Jan 2017	1 Feb 2017	2 Feb 2017	3 Feb 2017	04 Feb 2017	05 Feb 2017
		Food Share Volunteering @ 6pm	Club Council Meeting (8pm)		District Young Chef Final	Speaker Meeting (Number 22 Counselling) at Costa Coffee (10.30am)
6 Feb 2017	7 Feb 2017	8 Feb 2017	9 Feb 2017	10 Feb 2017	11 Feb 2017	12 Feb 2017
	Maidenhead Rotaract Meeting (8pm) @ The Bell Pub	Food Share Volunteering @ 6pm			Foodshare Volunteering (9am) @ store	
13 Feb 2017	14 Feb 2017	15 Feb 2017	16 Feb 2017	17 Feb 2017	18 Feb 2017	19 Feb 2017
		Food Share Volunteering @ 6pm	Food Share Volunteering @ 7pm	Rotary Wine Quiz @ 7pm	Foodshare Volunteering (9am) @ Foodbank store	Meetup at Costa Coffee (10.30am)
20 Feb 2017	21 Feb 2017	22 Feb 2017	23 Feb 2017	24 Feb 2017	25 Feb 2017	26 Feb 2017
		Food Share Volunteering @ 6pm	<b>Maidenhead's Got Talent Rehearsal Day (11am - 4pm)</b>		<b>24 Challenges in 24 Hours</b>	<b>24 Challenges in 24 Hours</b>

## BIRTHDAY CORNER

Happy birthday to the following club members:

- Katherine - 7th January
- Foula - 14th January
- Kate - 15th January
- Nisha - 17th January
- Nina & Rabika - 28th January
- Gwen - 29th January
- Andy - 5th February
- Helen - 11th February
- Rebecca P - 12th February
- Neil - 19th February
- Don - 25th February
- Anna - 26th February



## INDUCTION ANNIVERSARIES

Congratulations to the following members who are celebrating club induction anniversaries:

- Andy, 3rd February: 4 years
- Kate, 7th February: 1 year
- Nisha, 16th February: 4 years

