

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

FROM THE PRESIDENT!

Hello everyone and welcome to the March/April edition of our great club newsletter!



The last couple of months have been a bit of a whirlwind and the club has been incredibly busy as usual. It goes without saying that February saw the club and its members undertake their biggest challenge ever – The "24 Challenges in 24 Hours" fundraising event. A month on, and I am still in total awe at those that took part. I supported from the side-lines through the night, did a few less physical challenges and threw myself into the final hour of Zumba. I ached for 24 hours afterwards so goodness only knows how those who did hours and hours and hours and hours of exercise coped with the next few days. Massive congratulations to all those who took part and hats off to Lisa, Mike and Elisa-Jade who did the full 24 hours. Incredible work!

March saw the return of Maidenhead's Got Talent which is organised by the three Rotary Clubs in Maidenhead, and Rotaract. A fantastic event, and a wonderful demonstration of true teamwork. Congratulation to Sean Egan and the MGT committee for another great show!

The Thames Valley Pub Quiz Championships organised by Maidenhead Thames was well supported by our club. No trophies this year but plenty of raffle prizes were won by our 3 teams and my Dad getting into the final round of "Head and Tails" was the true highlight of my evening.

It was an absolute pleasure to induct our newest member, Helen, at our last meeting. Our ninth new member this year. Welcome!

Finally, we mustn't overlook all of the less high profile work that goes in the club. Many of our members continue to volunteer for our regular commitment at Foodshare, and of course the hours and hours that many members spend doing admin, organising events, having meetings and flying the Rotary flag. Thank you to everyone who makes Maidenhead Bridge the great club it is!

Victoria

THE WORLD NEEDS MORE..... PEOPLE WHO DREAM



Join Rotary and turn dreams into reality...

DISTRICT YOUNG CHEF

At the beginning of February, we hosted the District 1090 finals of the Rotary Young Chef competition at Claires Court. As a club, we have been looking for avenues to get into the youth competitions for a couple of years, hampered mostly by our working membership profile, so when this opportunity to get involved at a higher level presented itself, we jumped at the chance!

A total of seven young cooks from across the Thames Valley area were asked to design and prepare a healthy three course menu, keeping to a £15 budget, for a panel of judges. The winner and runner up of this heat would progress to the regional finals, and finally onto the national final.

Participants were chosen from schools around the Thames Valley region through local Rotary club led heats, and marks were awarded for costing, planning, the range of skills displayed, as well as the taste and presentation of the courses.

Elisa-Jade acted as a judge for the event and commented that the standard of food far surpassed our expectations, and the competitors conducted themselves with a professionalism beyond their years. The industry is facing difficulties sourcing new talent, so seeing young people with such passion for food is really encouraging.

Claires Court became involved having initially enquired about taking part in the competition, but later volunteered their facilities as a venue for the district final. Paul Bevis, Headteacher of Claires Court Girls and Sixth Form said, "We were delighted to host this round of the Rotary Young Chef competition. It is vital to keep children and young people engaged with food and with cooking. Rotary's Young Chef competition encourages those with a passion for food to express their ideas and creativity and that was certainly on show here today."

The winner of the Thames Valley final was Harry Hutchins from Hungerford, sponsored by the Rotary Club of Thatcham who prepared a squid starter, followed by salmon and wild rice, finishing with a pear poached in spiced red wine.

Laura



FEATURE: INTERNATIONAL PROJECTS



Our international committee are busy working on a number of projects/activities including the possibility of twinning with another Rotary club in Paris; environmental and sustainability initiatives (such as Earth Hour); follow up from a visit to a Rotary Club in Ghana; putting on a food and travel quiz in June and working with other Rotary clubs on a school reconstruction project in Nepal. Here are some updates below:

Barpak School Reconstruction Project, Nepal: We are working with Farringdon Rotary Club and Kopundol Rotary Club in Nepal on the Jana Kalyan Primary School Reconstruction project in Jongong village, Barpak ward 4, Gorkha, Nepal.

Objectives of Project:

- Relocation of earthquake damaged Jana Kalyan Primary school to Jongong village (acquisition of land and construction of school building)
- Construction of 5 room school building and two toilets
- Provision of water and drainage facilities
- Provision of class room and office furniture
- Compound fencing for protection

Background information: The epicentre of the April 2015 earthquake was in Barpak, Gorkha, causing extensive damage to Gorkha, which also destroyed and damaged many schools. The Jana Kalyan Primary School at Kojé village of Barpak, Gorkha, established in the year 2000 AD and the village was totally damaged with land cracks, beyond repair. So, the villagers moved up to Jongong, Barpak ward no.4, where the villagers are trying to buy land and reconstruct the primary school for their children. The school had some 80 students and the proposed relocation to Jongong village is likely to attract some 110 students in the primary classes (1 to 4). The Head of the school, in her letter dated October 22, 2016, has requested for Rotary help to reconstruct the school destroyed by the earthquake, so that they can provide proper education to their young children in this remote Ghale village of Gurkha fame.

Rotary Club of Kopundol is providing reconstruction support to several other schools including Shree Tara Madhyamik (High) School in Chhebetar, Gorkha with proper drinking water filtration plant installed in the school premise last year before the earthquake. RC Kopundol has been doing several other small projects regularly in Gorkha and would like to take up reconstruction of the Jana Kalyan Primary School at Jongong village of Barpak, Gorkha, jointly with local community, Rotary District and other Rotary clubs in UK who are interested to help us in this project.



Beneficiaries of Project: Beneficiaries of this school project are the 110 young students of the Jongong village, Gorkha, who lost their educational opportunity in the newly settled Jongong village after the great earthquake of 2015. The project involves acquisition of land, reconstruction of new school building in a new location with the provision of toilets, water supply and furniture, compound fencing etc. The project is part of a more comprehensive effort to educate the children of Kojé village now resettled at Jongong. Thus, the main target group of the facility is the community of Jongong village and the young children of Kojé village resettled at Jongong, who are deprived of the school education after the earthquake. The village community is mobilizing some

local resources and is seeking Rotary help in their effort to relocate and reconstruct the primary school.

Funding: The project is being split into two phases. Sources of funding include Rotary Club of Kopundol, the school and local community. The expectation from UK Rotary clubs is £5,500 for phase 1 and £5,500 for phase 2. Our club has contributed £1000 to phase one with Farringdon contributing £4,500. We have committed to raise a further £500 for phase 2. We will be putting on a fundraiser, most probably a sponsored walk round the Boundaries of Maidenhead, on a date to be confirmed.

Project Progress: The last update from Kopundol Rotary was that the school were still trying to negotiate to buy the land. Further updates will follow.



FEATURE: INTERNATIONAL PROJECTS CONT.

Food and Travel Quiz: This will be held on Saturday, 10 June 2017 (7 for 7.30pm) at Holyport War Memorial Hall, raising money for Rotary's Purple4Polio (End Polio Now) Campaign and Fairtrade's Growing Women in Coffee Project. We hope you'll all be able to join us and bring your friends, family and neighbours with you too! Here are some details on the projects this event is supporting:

Fairtrade's Women in Coffee project: This is Fairtrade Africa's flagship project aimed at deepening the role of Fairtrade certification in promoting gender equality and empowerment within export value chains such as coffee.



The project which runs from March 2015 – February 2018 is in line with The UN's 2030 Agenda for Sustainable Development with a specific focus on SDG 5 on achieving gender equality and empowering all women and girls, and SDG13 of taking urgent action to combat climate change and its impacts. It is also operating under Fairtrade International's 2016-2020 Strategy of 'Changing Lives through Trade' with its implementation supported by Fairtrade Foundation (UK) and Solidaridad Eastern & Central Africa Expertise Centre (SECAEC). Being a pilot project, Fairtrade Africa chose to support two legally registered 'Women in Coffee' associations uniquely established and nurtured by smallholder male coffee farmers within Kabng'etuny and Kapkiyai Cooperative Societies in Kericho and Nandi Counties of Kenya respectively.

The project supports women into income earning roles as coffee farmers and the marketing of their coffee locally and internationally. Support will help women improve their productivity through training and also environmental footprint through supplying biogas units (providing clean energy supply and reducing deforestation). Specifically:

- For every £15 donated they can support another woman through 12 months of GAP (Good Agricultural Practice) training
- For every £100 donated helps 2 x families access organic farming inputs to improve the performance of their coffee bushes.
- For every £250 donated they can cover the costs of materials for a biogas unit, providing a family of 6 with a clean energy supply and reducing deforestation.

Bringing this closer to home - I had the privilege of meeting Esther (the Chairlady of the Kabng'etuny Women in Coffee Association) at the Fairtrade Foundation offices during Fairtrade Fortnight. Esther is a truly inspiring lady – a retired teacher, now full time coffee farmer. She explained how 80% of the work on a coffee farm is done by women but previously the women coffee farmers had not seen any of the income. Now that the women receive payment they can budget and spend the money on food and clothes for the family, school uniform, school fees. When the money was given to the husbands they might spend it on drink and not think about the priorities. Despite the hard work involved in coffee farming, Esther said "I enjoy the work because it is my work."



The biggest challenge they face is selling the coffee for a fair price. Sadly the women do not yet have a fair market, which means they cannot meet their costs and subsequently cannot provide for their families. The simplest way that we can help is to buy more Fairtrade coffee, as this generates the demand for coffee sold on Fairtrade terms and will therefore generate more buyers for their coffee.

Another big challenge is climate change and they have recently suffered a 2 year drought. The biogas units that have been supplied reduce deforestation as the women do not need to collect firewood. Not only do the units help the environment but they are better for the families' health as there is no smoke, which also used to hurt their eyes. If I heard Esther correctly 160 women have biogas units but there are 300 in the co-operative, so there is still many more people who could benefit from the project.

Meeting Esther brought the project to reality. If anyone has any questions about the project or Fairtrade in general, please do ask. If I don't know the answer I will ask someone who does.



FEATURE: INTERNATIONAL PROJECTS CONT.

Purple4Polio/End Polio Now: For over 30 years, Rotary and its members have been committed to fighting to eradicate polio across the world. The amount of polio-endemic countries has dropped from 125 to just three (Nigeria, Afghanistan and Pakistan), with over 2.5 billion children receiving vaccinations thanks to the help of Rotary.

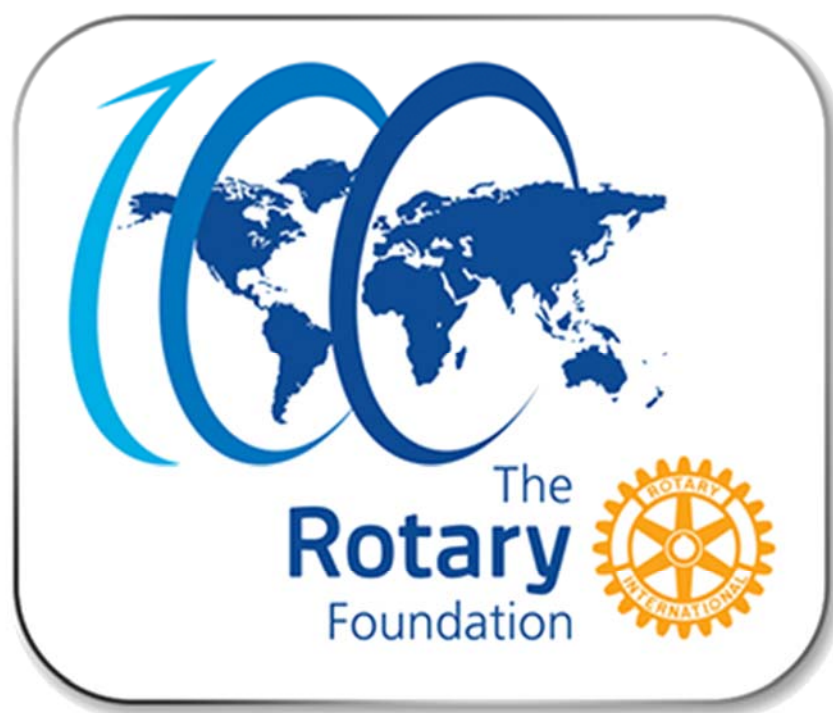
Purple4Polio

With eradication now closer than ever, Rotary International in Great Britain and Ireland's latest campaign, Purple4Polio, is designed to unite communities to engage in activities as part of the final push to eradicate polio for good.

Purple has been chosen for the theme because that is the colour that fingers are dyed to denote that a child has been vaccinated. The campaign ties in with the 100 year anniversary of The Rotary Foundation, Rotary's own and only charity, which has played a key role in making polio eradication become close to a reality, along with hundreds of other projects both in Great Britain and Ireland and overseas.

How can I get involved in supporting the Quiz?

- Raffle prizes: If you have or can obtain any raffle prizes linked to the theme – travel, food, quality purple products then please let me know. We are writing off to several organisations in the hope that they can donate too.
- Selling tickets: Please speak to your friends, family, colleagues. We are hoping to sell about 100 tickets! If you can't put a whole team together, don't worry we can add people to a team on the night. Tickets can be booked online at: www.maidenheadbridgerotary.org.uk/food--travel-quiz.html or call Claire on 07786 805194 or email by [clicking here](#)
- On the night: We will need a few helpers for setting up and clearing away, manning the bar, selling raffle tickets, making sure people aren't cheating by using their mobiles! We will put together a rota nearer the time.



ROTARY'S Areas of Focus



ZOMBIE CASH GOES TO GOOD CAUSE

The Maidenhead Zombie Walk and Ball in October was hugely successful, so much so we handed over £1000 to local charity Number 22 Counselling Services at a club meeting in January.

The not-for-profit event was run entirely by community based volunteers from our club, Maidenhead Live, and Maidenhead Round Table. It saw more than 200 zombies, with their clothes ripped and blood dripping from their rotting faces, limp and groan their way to the Town Hall through the Nicholson's Centre!

Shula Tajima, from Number 22 Counselling, joined members at our club meeting to tell them more about how the money they raised would be used.

The charity, which has been running for 40 years, supports many local people by providing free counselling services. Since the charity was formed they have supported more than 18,000 people, volunteers have given up more than 70,000 hours of their time and they have worked with 318 counsellors.

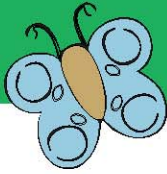
Currently they have 110 counsellors that give up 6 hours of their time per week completely free of charge to support people who need their help in the Windsor, Maidenhead and Slough areas.

Shula spoke with passion and thanked the club and Zombie Team, commenting "this money is going to make such a difference to us. A thousand pounds doesn't seem much but to us that can support the work of 10 counsellors for a whole year; as well as enable us to train new counsellors so we can increase our services!"

Victoria Williams, President at Maidenhead Bridge Rotary Club member, commented "we are thrilled to be involved in this unique, quirky and fabulously fun event for the whole family. To be able to support such a great charity in Number 22 Counselling is amazing as they provide such incredibly important services in Maidenhead and the surrounding areas."



Easter Family Fun Day



Brought to you by Maidenhead Bridge Rotary Club

Saturday 15th April, 11am - 3pm
Grenfell Park, Maidenhead

Come and join us at this **FREE** to attend event to celebrate the Easter weekend. Aimed at young families (0 - 12 years old) it's a chance to get out of the house and enjoy some fresh air.

Facepainting

Bouncy Castle

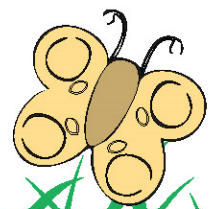
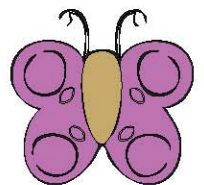
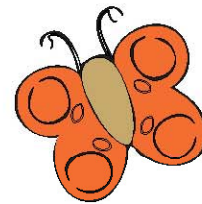
Fairground Rides

Football skills fun

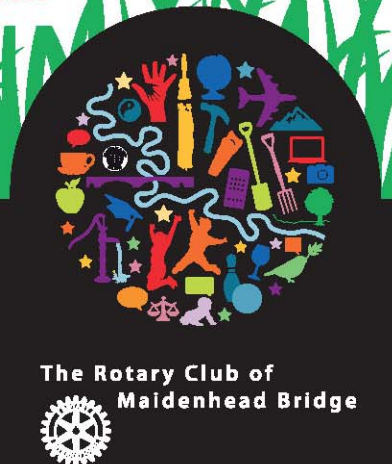
Easter Egg Treasure Hunt

Sima's Action Kids Session

And much, much more...



For more information visit
www.maidenheadbridgerotary.org.uk



FEATURE: 24 CHALLENGES

Brave members of Maidenhead Bridge Rotary Club took on 24 physical and mental challenges in 24 hours in a bid to raise money for End Polio Now and The Rotary Foundation at the weekend.

The club has a history of weird and wacky fundraising ideas including The Big Climb, which saw members climb the outside climbing wall at Longridge 256 times, the equivalent of base camp to the summit of Everest; and not to mention taking on the Thames Path Challenge - a gruelling 50k walk against the clock from Runnymede to Henley. But this was going to be their biggest challenge to date!

- Squash
- Spinning
- Ballet
- Indoor football
- Cheerleading
- Body Combat
- Tennis
- Yoga
- Rollerskating
- Clubbercise
- Swimming
- Zumba

Members took part in a wide range of challenges starting at 8am on Saturday and finishing at 8am on Sunday at The Magnet Leisure Centre. The challenges included, but wasn't limited to:

Why? The Rotary Foundation, Rotary's own charity, is celebrating 100 years in 2017 and this is a great way to raise money so that Rotary can continue doing good in the world. During the past 100 years, the Foundation has spent \$3 billion on life-changing, sustainable projects. This challenge was just one way to raise money so the club can make lives better in your community and around the world.



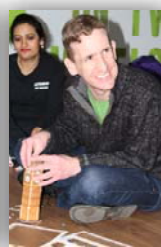
Lisa Hunter, event organiser commented "It had to be the toughest thing I have ever done but I am so proud of myself, as well as fellow club members Mike and Elisa-Jade, for successfully getting through the full 24 challenges in one piece! The funds raised are going to make such a difference to people's lives, not only right here in Maidenhead, but all over the world. It's one of the reasons I joined Rotary, to be able to make an impact and make a positive difference. I'm not going to lie, I was worried about doing my first ever spinning class but that was great fun, however body combat 12 hours in was most definitely a challenge, especially as I punched myself in the face!"

A total of 27 club members took part at some point, along with their children. It was a great day, members had lots of fun and have raised over £2,200 for the charities in the process too! However you can still support the club by

sponsoring the team here: <http://uk.virginmoneygiving.com/24Challenges>

Lisa continued "We would like to say a massive thank you to The Magnet Leisure Centre for letting us use their facilities, to all the instructors who gave up their time to facilitate a sessions for us including Gemma Rose Thomas (yoga), Ian Walker (Spinning), Leah Evans from The Cheerleading Academy, Niki Kitt from Clubbercise Maidenhead with Niki, Dorn Kipping (Body Combat), Michelle Andrews (cycling) and Mariya Kaloferova (Zumba) – we really could not have done it without you."

To see all the photos and video go to: www.maidenheadbridgerotary.org.uk/news/three-survive-24-challenges-in-24-hours



24 CHALLENGES: WHAT WE THOUGHT!



The required hour of 8am arrived and the valiant few attempting the full 24, plus others doing parts thereof, found our way to the studio where the Yoga was to take place. I had never done this before, like many of the activities, and found it 'interesting', especially the 'Upside-Down Dog' position! Overall I enjoyed most of the Challenges, but especially the Dance Workout (years of learning choreography for musicals came in handy!), the Spinning class was surprisingly enjoyable. Also great fun was the 5-a-side Football and the Running Relay, where coming up with imaginative methods of getting from one side of the studio to the other was great fun.

Sadly, for me, the full 24/24 Challenge ended earlier than I intended around 1am during the Tennis when my body decided to rebel and I found I had completely run out of energy. Very regretfully, and not without a few tears of frustration being shed, I decided that I couldn't continue and, after wishing the others well for the rest of the Challenge, I headed home.

Looking back at the experience it was very enjoyable, the camaraderie between us was fantastic. I for one would love to have another go at it at some time in the future, as I see it, personally, as 'unfinished business'. Maybe taking it on every 2 or 3 years or so, alternating between other challenges, may be a way to go.

Keith

My thoughts of the 24/24 challenge is firstly an amazing effort from all and a really well organised event. I enjoyed most things, with spinning being surprisingly good, body combat was incredibly hard and after 45 minutes I had started to think I was in some part of boot camp in training for the army!! It is by far the hardest challenge I have ever pushed myself to complete and feel very proud that I was part of it and finished in one piece...although my body was broken for a week afterwards! Would I do it again? **YES!**

Elisa-Jade



What on earth did I agree to? 24 challenges? Easy. I Was Wrong!

Casual beginning with yoga, yeah, this is a piece of cake. Dancercise, nice little challenge. Tai chi, hilarious! Spin class, and the hell begins. Cardio is not my strong point it would seem. Looking around I see that everyone is doing better than me by this point and I remember that I really dislike bicycles; and that static bikes are, in essence, an elevated razor blade. The spin class finishes, and someone casually reminds me that there is another (insert appropriate word) spin class later in the challenge.

Needless to say, It goes as well as I expect, I have now got bruises on the inside of my "upper thigh area" and on the soles of my feet. By the time body combat arrives, I can hardly stand. I look around again, and the others, and the supporters, who have all been through this, are still going. The determined looks, the encouraging smiles, help to lift me up again. These amazing people, giving their all, or supporting our crazy ideas, drive my pain and tiredness away. I look into their eyes and feel that I CAN do this, that letting my own aches stop me will let these others down. Suddenly, the next few hours fly past and while stood waiting for my lift, I realise that we can do anything.

Mike

I joined the party a little late, as I'd decided to commit myself to "only" 12 hours of overnight activities. A wise decision, as I arrived just before 7pm to find the rest of the group still engaged in an extremely taxing and overrunning Body Combat session. Next up was indoor cycling, which turned out to be Spinning by another name, with a lot of simulated hill climbing but no equivalent of coasting down the other side.

Human Board games turned out to be a very entertaining variant of dodgeball involving Jedi knights with special powers. The running relay rapidly evolved into getting from one side of the room to the other in as many different ways as possible – all I can say is, watch the video, and don't be fooled into thinking we were just making it easy for ourselves. Believe me, hopping backwards on one leg can be quite tiring!



My only injury of the night came from the roller skating, but not from a fall. I managed to go round in circles reasonably competently, had a few falls and narrowly avoided an embarrassing slow-mo collision with Vic (who was spectating). The problem was the fact the right boot was much tighter than the left for some reason. With the aid of two helpers pulling and twisting it finally came off, taking a chunk of skin off my ankle with it!

Some early morning swimmers joined to swell the ranks at 6am and I was happy to spectate for this one. Last up was Zumba. What can I say about Zumba? I moved about a lot but had no idea what I was doing. It was an energetic one to finish off with, that's for sure. And so it was done, we had got to the end. I'd done my 12 events, many other members had supported and joined in at various times of day and night, and for the intrepid few who completed the 24 hours - well done, what a fantastic achievement! Still a bit barmy, though!!



24 CHALLENGES: WHAT WE THOUGHT!

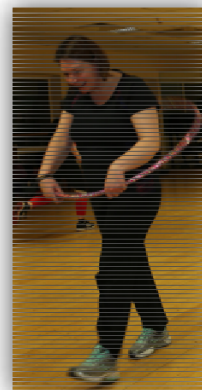
24 challenges in 24 hours – well for me it was 50% of the 24 challenges and 100% of the 24 hours! I survived the 4am squash and learnt that the shape of the racquet heads have changed since I played at school! Tennis is still not my forte and the racquets are considerably lighter these days. Think I'll stick to badminton from now on.

After being helped to stand up, I managed to remain upright and found myself enjoying the circuitous route around the hall on roller skates. The 'imaginative interpretation of running' relay was great but I may get some funny looks if I repeat the rendition around the village.

It felt slightly surreal wandering around a leisure centre in the middle of the night, like a dream where we had all broken in, and I felt an over inflated sense of importance when given a walkie talkie to communicate with the duty manager.

Well done to everyone who took part and especially the crazy few who undertook all 24 challenges or those that braved body combat – I felt exhausted just watching! To sum up - a tiring but inspiring 24 hours with an amazing group of people – thank you everyone.

Claire B



ROTARY WINE QUIZ

The taxis were ordered and Maidenhead Bridge representatives gathered at the local rugby club, for the annual Maidenhead Wine Quiz. The day before Lisa dropped me a text saying pick up a cheque from a chap called Adam Fitt for our club. I innocently reply OK, no problem.

We go in and find the bar - a good place to start – the local brew from Marlow is on tap - Rebellion. After a drink or two we make our way to our table, introduce ourselves to the other people on our team who are mostly Round Table members. They are a good bunch and guess what Adam Fitt is on the same team so no searching the room for the guy with the cheque.

The quiz starts, now each section is accompanied by a bottle of wine shared amongst 8-10.

The questions start multiple choice:

- Wine is made from a) Raisins, b) Nuts, c) Beans or d) Grapes – of course we all get that one right, this is good
- Next question: A sommelier is? a) A wine waiter, b) A wine cellar, c) A decanter or d) A type of wine glass.

The first four questions lull you into a false sense of security, another bottle arrives for tasting. Life's good. Another set of questions another bottle of wine. Just as you think we are doing OK they hit you – What restaurant that has held a Michelin star the longest? Where is the oldest vineyard in the world? Real Wine tasting question - where does this red come from? What grape is this wine made from, another real wine tasting question?

Half time the food arrives all supplied by the Italian Continental Store – breads, meats and cheeses excellent combination and plenty of them. Our host announces some presentations so up steps Adam Fitt from the Round Table who starts handing out cheques formally at the front of the room with handshakes and thank you's etc. So up I step to get this cheque on behalf of Maidenhead Bridge. (Mental to note to self, and warning to others, careful what you agree to do for Lisa)!

Back to the quiz, more wine, more questions that become increasingly difficult. Finally the end, after 10 bottles of wine on the table. Well we didn't come first, we didn't come last, we landed around the middle, but who cares we had some great food and wine and met some nice people.

NOTE to everyone else – make yourself available for next year its great fun!

Kevin



MAIDENHEAD'S GOT TALENT: A VOLUNTEER VIEWPOINT

One of the things that I like about Rotary is the opportunity for different clubs to work together. Maidenhead's Got Talent is one of these occasions. All three of the Maidenhead Rotary clubs, as well as Rotaract, are involved in organising this big event. Young people from local schools, music and dance groups take part in two performances at Taplow Court.

Many of our club members volunteered at this year's shows. Our roles ranged almost as widely as the performers themselves. The programmes sold so quickly that we could have done with the help of the magician to produce another big pile of them! Lots of people bought raffle tickets, though perhaps next year we should provide the audience with stickers that say "You already asked me!"

Our car park experts were in great demand as usual, while the stage crew manned the sound, props, lights (and maybe camera and action too!) with great skill. Vast quantities of bottled water and boxes of fruit were delivered to the various rooms by a small army of very strong people.

Flocks of excited children were shepherded to the right rooms to wait for their turn on stage. The standard was remarkably high and they did seem to enjoy themselves very much. Quite a few people told me in the interval that they had been in tears watching the children – and that their own children didn't even perform till the second half.

The whole day was a demonstration of talent, enthusiasm, (and hard work by lots of Rotary people). Perhaps more importantly it seemed to reflect a diverse multicultural community which valued difference and celebrated variety.



Sushi



MAIDENHEAD'S GOT TALENT: AN AUDIENCE VIEWPOINT

On Friday 3rd March, Taplow Court came alive with the shining stars of Maidenhead as young people gathered to show off their talents at Maidenhead's Got Talent.

In previous years I have always been a volunteer, helping with Front of House and general crowd control. This year I was given the job of hosting our VIP guests which meant that I was in the fortunate position of being able to watch the whole of the evening performance, from the front row!

For the first time I was able to see the show from start to finish, and not only marvel at the fantastic acts but also truly get to see how the show comes together which you don't get to witness when you're behind the ticket desk. It is an immense task to move groups of over excited youngsters around the theatre complex ensuring they are in the right place at the right time, with the right props and instruments and as an audience member it appeared to go like clockwork.

There were singers, dancers, pianists, and other musicians from local schools and clubs and it was great to see many different cultures represented. I loved every minute of it. The highlight of the show for me was a violin group who did a wonderful medley of music from Star Wars. During this performance the theatre lights went out and we were left in total darkness. I immediately thought that something had gone wrong with the stage lighting, but no sooner had the lights gone out the violinists' bows all lit up like light sabres as they brought their performance to a big finish. Genius!

I was disappointed when it came to an end but I left the theatre on a real high knowing that Maidenhead's young performers are full of passion for their art and I have no doubt that many of them will go on develop their talents further. It's great that Rotary can give them this platform to showcase their incredible talent. Can't wait for next year!

Vic



RECIPE CORNER

Elisa-Jade, one of our club 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.



Seabass

Something of a Cinderella story, sea bass has grown significantly in popularity over recent years with chefs and home cooks alike coming round to the versatility of the firm white fish. In addition to the juicy texture of the flesh, part of the appeal of sea bass is its attractive silver skin which cooks beautifully and looks striking on the plate.

Ingredients:

Pan-fried sea bass fillet

- 4 sea bass fillets, pin-boned, each weighing around 120g
- 20g of butter
- lemon juice

Brown crab mayonnaise

- 100g of brown crab meat
- 100g of mayonnaise
- lemon juice
- salt/black pepper

White crab salad

- 200g of white crab meat, picked
- lemon juice
- olive oil

Dressing

- 50ml of groundnut oil
- 50ml of olive oil
- 1 lemon
- 2 2/3 handfuls of mint leaves, finely sliced
- salt
- black pepper

To plate

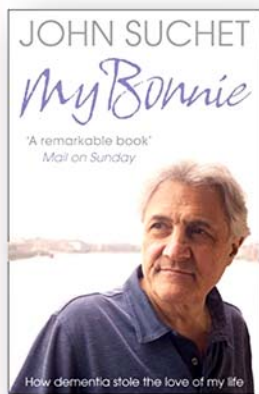
- 1 avocado, de-stoned and cubed
- 2 pink radishes, thinly sliced

Method:

1. In a food processor, blend the brown crab meat with the mayonnaise. Season with salt and pepper and add a little lemon juice to taste. Pass the mayonnaise through a fine sieve to remove any lumps – repeat if necessary.
2. Lightly mix the picked white crab meat with a little olive oil and seasoning
3. For the dressing, remove the zest from the lemon with a fine grater and add to a bowl together with the juice, slowly add the two oils while whisking. Finish with the mint leaves, season and set aside
4. For the sea bass fillets, heat a little vegetable oil in a non-stick pan and colour the sea bass, skin side down. Ensure you gain a nice even golden colour before carefully turning over – add a little squeeze of lemon to the pan and then a little butter. Baste the fish well before draining on absorbent paper
5. Spread a little mayonnaise on each plate, place the sea bass in the centre as well as some avocado cubes and thinly sliced radish. Finish with the lemon dressing



BOOK REVIEW: "MY BONNIE" BY JOHN SUCHET



This has the potential to be a very upsetting book. It describes the decline of John Suchet's beloved wife as a result of dementia. There are detailed descriptions of how she loses her memory, her ability to manage day to day life, and even her worsening incontinence. He is remarkably honest about how he copes with the situation, and his feelings of depression and anger.

These harrowing images are interspersed with the history of their lives together and the happy years they shared. Structuring the book this way is what prevents it from becoming too painful to read. There are lovely anecdotes, flashes of humour and the sense of a deep love.

John Suchet's book is worth reading, as it gives a real insight into the relentless progression of a dreadful disease, and the terrible strain borne by carers in this type of situation.

Facts and figures: In Britain now there are around 800,000 people with dementia. One in three people over 65 will develop dementia and two-thirds of people with dementia are women. It is estimated that by 2021, there will be one million people with dementia in the UK. You can find out more by [clicking here](#).

Rotary and dementia: REPOD (Rotarians Easing Problems of Dementia) is a joint initiative between members of various Rotary Clubs who saw the need for increased support in the community for families affected by dementia. They have a website with useful links and a booklet for carers.

Clubs are involved with many projects including Memory Boxes containing everyday memorabilia from the 30s to the 70s, and Musical Memory CDs.

In Maidenhead, we are fundraising for an Admiral Nurse like the one in John Suchet's book. Dementia Care Nurses Community Interest Company is a not for profit social enterprise opened to raise funds to employ a specialist Dementia Nurse, known as an Admiral Nurses, for people in the Maidenhead area who have been medically diagnosed with Dementia. Currently the people of Maidenhead have no Admiral Nurse to support people with Dementia. The Admiral Nurse will provide a free of charge service to those that need it and have no access to care.

Sushi

FEATURE: WHAT ROTARY MEANS TO ME

I went to my first meeting in February 2014 and joined in March. I was wanting to do something for the community, as there had been some severe flooding that winter. While searching for community groups on the Internet I found several had connections with Maidenhead Bridge Rotary Club, and an enquiry through the website was swiftly met with invitations from Lisa to a Foodshare session and a social event. I went to the social event! Then I went to a club meeting, and another where I foolishly volunteered to join the Thames Path Walk team, and then a proper volunteering session at Longridge – where I was told off by Lisa for getting myself photographed by the Maidenhead Advertiser while not wearing the proper T-shirt (they didn't use the picture anyway, there were plenty more photogenic people than me on site that day).

I quickly acquired a reputation for going to all the quizzes. Actually, I was a home-alone fifty-something with my family members scattered around Great Britain, and I had nothing better to do. But it's the community activities I like doing best. The speakers are interesting, the charities are inspiring, the work done through Rotary Foundation, Youth and Peace committees is incredibly worthwhile – but I still feel most satisfaction when by turning up an event (ours or someone else's) and providing some manpower (and sometimes some organisational skills) that provides a benefit to our community.

This has now progressed to its logical conclusion. Although initially cynical about the value of recording "volunteer hours", I have become an avid collector of them, suggesting that we set more ambitious targets and regularly feeding back our progress to date. And the good news is that we are currently right on track to meet our target of 1600 volunteer hours this year, with plenty more volunteering opportunities still in the calendar. Expect to see me at a few of them.

Neil



THAMES VALLEY PUB QUIZ

A welcome return again of the Pub Quiz Championship, which is always a good evening and always very well supported. Over 240 people attended the event and all proceeds go to Thames Valley Adventure Playground in Taplow. According to Brian Hopps of Maidenhead Thames Rotary, who organise the event, 90% of last year's teams came back for this year.

We entered our usual three teams but no chance for secret swapping of answers this year as we were all spread out around the back of the room. The best teams get to sit close to the front but we are always much happier to be close to the bar and also to the kitchens so we were served our fish and chips first!

Our three teams didn't embarrass ourselves but did not reach the dizzy heights of 2015 when we actually won. Nobody really knows how that happened but the questions were a bit harder this year I think. The teams came 11th, 13th and 20th out of 40. My team certainly did better in the second after we were fully refreshed by the bar and fed by the half time fried food and the copious quantities of crisps and other snack products brought along by my team mates. Years of experience of this event clearly paying off. Our 3 teams also seemed to have more success in the raffle than in the quiz – we must just be lucky rather than clever. We will be back for the 10th anniversary next year, maybe we should start our training now.

Adam

WATERWAYS UPDATE

The Maidenhead Waterways Restoration Group, to give it its full name, is a charity aiming to restore and enlarge the old waterways that run through Maidenhead town centre, and Rtn Sir Nicholas Winton was its founding patron. Its objectives are to widen the waterways, renovate and expose the neglected bridges, and create a "Maidenhead ring" with its centrepiece the marina by the new Colonnades development. The current focus for volunteer work is on the channels to the north of Maidenhead. Many years of invasive reed growth, fallen tree branches and man-made detritus have severely restricted water flow, and for the new waterway to meet its potential this must be improved.



Since I last reported on this activity, Maidenhead Bridge Rotary members have attended further sessions, working in the Cookham Ditch, Maidenhead Ditch, Widbrook Common and Strande Water at Northtown (moving closer to Maidenhead!). I have become a fully-fledged waterman, donning waders and entering the water up to my waist and once, rather disconcertingly, my chest. Club member Don has also, quite literally, waded in.

The work varies depending on which section you are in. Cookham Ditch is probably the least rewarding. Here the channel is narrow and straight, and the work involved digging out invasive reeds with a tight knot of roots that have grown right across the channel. A few visits were needed to complete this section in what was also the coldest part of winter, although you pretty soon warmed up with once you got digging. The Widbrook is always a nice stretch to work in, the reeds are looser there and you can see the flow improve as you work, although we had some fallen tree branches to take out too.

Our last session was at Northtown where we were cutting up fallen trees, in one case two on top of each other. After a couple of hours preparatory work to clear access and make it safe, Tony set to with his chainsaw, and as the pace of stream rapidly increased us guys downstream were racing to fish out chunks of tree as they came at us. So keen were we to finish that section we stayed four hours to get it done.

The work carries on through the spring, until the bird nesting season starts, so there are still plenty of opportunities to have a go. You get to see a different bit of river each time and work with a good team of people, committed and enthusiastic but at the same time professional and safety-conscious – and make a real contribution to the environment of our town centre.

Neil

FOCUS ON CLUB A MEMBER:

KATHERINE HARRIS

What do you do for a living? I help businesses when they need additional support in their Finance Teams as an Interim Financial Director/Financial Controller, so in short I'm a numbers person.

What do you do for fun? Rotary and spending as much time with my pony, Ernie, as I can

Where are you from? Bucks born and bred!!

Can you tell us something we may not know about you? I once appeared on a billboard poster in Maidenhead.....

Where did you go on your last holiday? I think it was the Channel Islands

What is your favourite book/film and why? Anything that makes me laugh, it's the best medicine J

Why did you join Rotary? To give something back to the community, whilst having some fun and making new friends. I was in Rotaract many years ago and I wanted to get back involved in the Rotary Family.

What have you enjoyed most in Rotary so far? Dressing up? Blimey that dog costume was like a sauna ha ha ;)

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? Youthful, passionate, friendly



SINGING FOR LUNG HEALTH

This is a singing group which takes place in Maidenhead once a week and is aimed particularly at people who have a chronic lung disease. There are similar groups around the country, run by teachers who have received specialist training from the British Lung Foundation.

I have attended a couple of the sessions, but not because I have a lung condition, thankfully. The Bunny Fun Run last year gave donations to several organisations, including £300 to this singing group. I wanted to learn more about the work they do.

The sessions involved some exercises focussing on breathing, then moved to singing together. The music included Edwardian popular songs (Daisy, Daisy), a folk song from Wales, and one by the Kinks. We were even divided into parts doing different harmonies!

The group aims to improve lung function by better breathing, correcting postural tension, and building stamina. There is no expectation of ability, and the most important thing is that people have some fun!

I was very impressed by the teacher who has a beautiful voice and is both confident and experienced. The people in the group are very friendly, and feel they are benefitting from coming to sing. They clearly enjoy it, and most of them come every week. I had a very nice time, and it was lovely to see an organisation which is clearly making a difference in our community.

Sushi





Rotary
Club of Maidenhead Bridge

Maidenhead Bridge Rotary introduces
a **FOOD AND TRAVEL QUIZ** in aid of



Purple **L4** Polio



Date: Saturday 10th June 2017
Time: 7pm for a 7.30pm start
Venue: Holyport War Memorial Hall, Maidenhead, SL6 2NA
Cost: £10 includes cheese platter for the table
Info: Team size is 8 or we can add you to a team on the night

To book tickets please go to:

www.maidenheadbridgerotary/food-travel-quiz

email: events@maidenheadbridgerotary.org.uk

For more information
about tickets
contact **Claire**
07786 805194

UPCOMING EVENTS

27 March 2017	28 March 2017	29 March 2017	30 March 2017	31 March 2017	01 April 2017	02 April 2017
Maidenhead Rotary Evening Meeting (Golf Club) @ 7.30pm		Food Share Volunteering @ 7.30pm AND Social: Blues' Smoke House, @7.30pm			Foodshare Volunteering (9am) @ Foodbank store	Meetup at Costa Coffee (10.30am) with guests from Prescot Rotary
03 April 2017	04 April 2017	05 April 2017	06 April 2017	07 April 2017	08 April 2017	09 April 2017
	Maidenhead Rotaract Meeting (8pm) @ The Bell Pub	Food Share Volunteering @ 7.30pm	Club Council Meeting (8pm)		Bunny Mask Making (Nicholson Centre) 11am - 3pm	
10 April 2017	11 April 2017	12 April 2017	13 April 2017	14 April 2017	15 April 2017	16 April 2017
	Tenpin Tuesday Social (8pm)	Food Share Volunteering @ 7.30pm			Easter Fun Day (Grenfell Park) 11am - 3pm	
17 April 2017	18 April 2017	19 April 2017	20 April 2017	21 April 2017	22 April 2017	23 April 2017
		Food Share Volunteering @ 7.30pm			Maidenhead Rotaract's Cheese & Wine Quiz (8pm)	
24 April 2017	25 April 2017	26 April 2017	27 April 2017	28 April 2017	29 April 2017	30 April 2017
Maidenhead Rotary Evening Meeting (Golf Club) @ 7.30pm		Food Share Volunteering @ 7.30pm			Rotary Club of Slough: Slough Together Charity Walk	Afternoon Tea in Windsor

BIRTHDAY CORNER

Happy birthday to the following club members:

- Ailsa - 2nd March
- Rob - 15th March
- Keith - 23rd March
- Ellen - 29th March



INDUCTION ANNIVERSARIES NEW MEMBER

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

- Foula, 1st March: 2 years
- Victoria, 2nd March: 3 years
- Graham, 16th March: 3 years
- Nancy, 16th March: 3 years
- Neil, 16th March: 3 years
- Kevin, 6th April: 3 years



We are very pleased to welcome Helen MacPherson to Maidenhead Bridge Rotary. Helen was officially inducted to the club on Sunday 19th March and we are thrilled to have her as a member. Welcome Helen!