

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.

FUN AND FRIENDSHIP: Rotary 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!

Dear all, welcome to this first newsletter of the new Rotary year!

I must confess that the beginning of this Rotary year has been a little more fraught than others - Laura and I welcomed our first child at the beginning of June and whilst we both love Matthew very much, he has turned our lives upside down somewhat! As his arrival coincides with my presidential year, my goals for the club are slightly tempered so that I can have a work-life-Rotary balance that works for all of us.



Even without Matthew's arrival, this year was always going to be a steep learning curve for me. I joined Rotaract as a Direct result of meeting Laura a good 10 years ago. My first event was helping in the kitchen at High Wycombe Rotaract's Burns Night. I found myself catering 5 courses for 100 people, largely against my wishes – Laura had sold me the idea as a one off thing. However, a few weeks later I found myself truly embedded in the Rotary family –it was clear that joining the organisation would be one of the only ways to ever see her! Although I was reluctantly happy to join in with events, I was never keen on the administrative side, knowing the ludicrous amounts of organisation that Laura seemed to embark on. Hands-on was always my thing.

Fast forward to a largely hungover return journey from the Rotary District Conference in Telford: a car full of women nattering on about the future of the club and a hanging (but legal to drive) male chauffeur resulted in a throwaway remark about becoming president that unfortunately neither Lisa nor Laura let me forget.

So, here we are, I find myself in a position I didn't think I would – a role right at the heart of the club with more admin and organisation than you can shake a stick at. To say I am daunted is an understatement. Our club has a great reputation built on the hard work of a huge number of volunteers, most of whom I count amongst my friends. I am also following a number of successively exceptional presidents, in particular Vic who did such a great job last year. You will be able to read more about my plans for the year, and the themes laid out by Rotary International, in this newsletter – whilst they may not be the most ambitious plans, they are going to prove a big challenge to me personally and will push me out of my comfort zone in the coming months nonetheless.

This newsletter is full of details on how we kicked off the year so far and I hope you enjoy reading it. At this point I'd like to extend my gratitude to Lisa for once again agreeing to be newsletter editor for this Rotary year.

See you all soon!

Michael

REFLECTIONS ON 2016-17



Seems like only yesterday I was writing my first "Welcome from the President" bit for our fantastic club newsletter. In fact, it was exactly one year ago, and wow, what a year it has been for our wonderful club!

At our Club Assembly in 2016 I said that my primary objective for the year was (refers back to the saved document for a reminder)... "To create a fun and productive environment in which the club and its members can thrive and develop in the spirit of Rotary". Looking back over some of the things we have done, I hope I can say that I achieved this. Having said that, being President this year has not been a difficult job at all, because I have had a phenomenal team around me (who, to be honest, did most of the hard work) and our club members are the people that made it all happen and put a massive injection of fun into our events and meetings.

At the last meeting of the year I read out a list of many (but not all) of the things that we have done and achieved this year. I won't list them all here, but it goes without saying that it was a VERY long list and served as a great reminder of just how busy we have all been. Whilst raising money for good causes is not our primary aim we have made financial donations to McMillan Cancer Support, Thames Hospice, Alexander Devine, Thames Valley Adventure Playground, The Brett Foundation, Timbertown and Maidenhead Festival, as well as raising money for Foundation, the End Polio Now campaign, Fairtrade's Growing Women in Coffee Project and funding a RYLA candidate.

Equally as important are the volunteer hours that our members donate to our local community. Our aim was 1,600 hours for the year, and we exceeded this with a final tally of 1,734 which is truly incredible. Thank you to every single person who contributed to this figure, and a special shout out goes to our top three volunteers, Neil Gow who donated 97.5 hours, Lisa Hunter who donated 124.5 hours, and our top volunteer by a long way (and also our Club's Nomination for D1090 Rotarian of the Year) was Nisha Chhetri with an incredible 269 hours. These figures represent "hands on" volunteering and don't include the endless hours of meetings, admin, planning etc that also goes into Rotary. It's incredible to think of the difference 1,734 hours of volunteering must make to our community. Rotary really does make a massive difference to those around us, and to the world at large.

A few others were presented with awards at our last meeting too.

- David Gratton – "Services to Fancy Dress"
- Don Pearce – "Balloon Modelling at Any Opportunity"
- Kevin Gower – "Foodshare & Brett Foundation Coordination"
- Lisa Hunter – "Producing a Top Class Club Newsletter"

Special Awards were also given to couples who had helped increase our membership in a more "organic" way: James and Marthe, Foula and Costa, Nina and Phil, Laura and Mike, who all brought new little future Rotarians into the world.

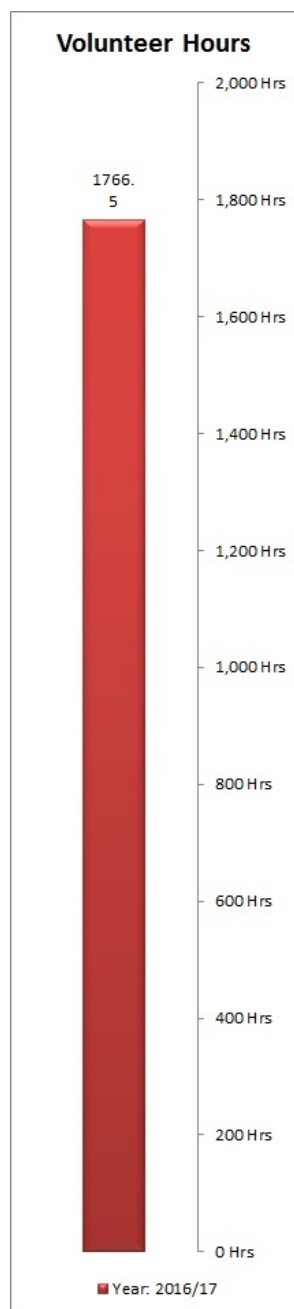
So I think that pretty much rounds up my year as President. It's been a blast, and of course I wish Mike all the best for the year ahead.

Thank you to everyone for making our club the best club around! (naturally biased, but it's true!)

Victoria



WELL THAT WAS SOME YEAR...



When asked what makes our club special, it's a relatively easy question to answer. Not only are we young, vibrant and have lots of fun, we're also a club that is full of members who roll-up their sleeves to do good in our local community. This is something that makes me proud to wear my Rotary T-shirt and say "Hi, I'm a member of Maidenhead Bridge Rotary".

The last Rotary year was an exceptional year that saw us smash our volunteer hours target, being our most successful year to date. We wanted to reach 1,600 hours given to the local community and due to the dedication of all of you we not only achieved this, but exceeded it with a total of 1,733.75 hours donated. Based on the minimum wage that equates to £12,050 donated, even better on the national living wage that's over £12,475! So thank you, thank you for giving up your time to make other lives better.

We've also had a blast organising some very special community events. The first of which was our annual Reindeer Racing event. This is always a firm favourite of mine, and Chloe's for that matter! The festive cheer we bring to the town centre coupled with the fact we raised money for a selected charity. This year we raised £325 for Hearing Dogs for Deaf People. As always thank you to the brave club members who donned various dog and reindeer costumes to help draw the public in!

In the New Year we organised our third annual Health Awareness Day. This year we worked with a new partner, Lloyds Pharmacy (based in Sainsbury's), who conducted cholesterol and blood sugar testing. Blood pressure tests were undertaken by the Stroke Association and Rotarians Mary Spinks and Gillian Pearce. There were fewer visitors and fewer tests conducted than in previous years, this being due to lower footfall due to the very cold weather. However the results of the tests reminded me why this event is so important...and here's the stats to show what I mean:

- 40 Cholesterol tests, 40 Blood-Sugar tests, 80 Blood-Pressure tests conducted
- Cholesterol & Blood sugar tests resulted in 2 people being referred for immediate medical attention
- Blood pressure checks resulted in 3 people being advised to visit a hospital immediately, 3 to visit their GP within a week, and 30 advised to visit GP within a month

Our biggest event of the year is our Annual Easter Family Fun Day, and this year was the most successful event ever with the park full of people enjoying the treasure hunt, side stalls, fairground rides and a picnic in the sunshine (yes it was really good weather this year). In addition we also raised £2,100 on the day, part of which will be used to fund next year's event, and the rest has been donated to local good causes.

The final project I wanted to mention is Maidenhead Waterways. We have been helping with their work this year to clear fallen trees, excess vegetation and other debris from the streams that form the two branches of water through the centre of Maidenhead, that are being linked to create the Maidenhead Waterways Ring. This work improves the local environment and increases the flow of water through Maidenhead. It is great fun and you can really see the improvement made to the flow of water in just two hours of work.

So from myself and Neil, thank you to all of you for being the most amazing Rotarians, thank you for the countless early weekend mornings, evenings and days you have given up to support our activities. Thank you for making our job as Community Co-ordinators a pleasure to do; and thank you from all the people you have helped to make a difference to.

Adam



WHAT DOES 2017-18 HAVE IN STORE?

In the middle of May we held our club assembly which achieved two aims – celebrating the year we had had, and looking forward to Mike's goals for his presidential year. We realised at the council meeting in June that some people had missed the club assembly, so we wanted to fill you in on Mike's plans for the year.

A strong and stable club has always been at the heart of our club's ethos. We have worked hard to grow our club in the early years, and to buck the trend of Rotary membership nationally and internationally. We can be proud that we have such a diverse club where the only membership criteria is that you are as crazy and willing to muck in as the rest of us. Mike has expressed that he doesn't have any great ambition to make the club substantially larger during his year, openly admitting that breaking even on membership will be achievement enough! However, he has welcomed Lisa's wish to experience some membership growth in the year so, as ever, if you know someone who you think would benefit from joining a group of slightly unhinged coffee enthusiasts on a Sunday morning, please let [Lisa](#) know.

Secondly, Mike has set a goal for the club to achieve 1,650 community hours during the Rotary year. This is a slight increase on last year's target, and one the club has set in the past and narrowly missed. However, we are confident that with the plethora of volunteering opportunities available we can achieve this target. With our membership of around 45 people, this breaks down to about three hours per member, per month, which we as a council think is achievable.



Finally, a goal that may well extend beyond Mike's presidency. The new Rotary International president, RIBI president and District Governor, David Pope, have expressed a desire for Rotarians to consider their environmental impact on the community. As a result, during the 2017/18 year each Rotarian has been challenged to plant a tree. For those of you that don't know, Mike is surprisingly green-fingered and, whilst at the very early stages, both he and Laura thought this challenge was not one to be missed. We therefore will research the viability of planting the trees as requested, hopefully resulting in a community orchard as a productive tree could provide an educational resource for children, additional food for Foodshare, as well as improving the local community - something our club has been dedicated to from the very start. To that end, if anybody knows anyone who might be able to get involved with this project in an advisory capacity, please contact [Laura](#) or [Mike](#).

Laura

INTRODUCTION TO COMMUNITY

After a really busy 2016/17, what Community activities are in store for this year...

Well in 2017/18 we're expecting a good mix of our favourite community events along with a few new ones across the year. We've such a busy line-up that we'll be looking for assistance from Club members to coordinate the community activities as we go.

I can't possibly mention every event, so I'll limit myself to a few upcoming highlights....



[Foodshare](#) remains one of our most popular commitments and I'd like to encourage everyone in the Club to come along and try a session if you haven't already. You won't be on your own as we have club members at every session. There's a variety of tasks you can assist with including preparing bags, serving the customers, working on the fresh-food counter, assisting the homeless, or helping with tea and coffee for customers and helpers! There are two sessions per week so you've plenty of opportunities to join in.

If you're more of an outdoors person, then perhaps you can join us at one of the frequent [Maidenhead Waterways](#) events. Every second Saturday we assist the experts to remove debris from the inlets

feeding water to the town centre streams. It's a lot of fun and it's exciting to see the difference that a few hours can make. You don't have to wade into the streams as we work along the stream banks too.

In the next three months we'll see some of our annual favourites like the [Maidenhead Festival](#) (22, 23 July), [Maidenhead Boundary Walk](#) (1st October), [Timbertown](#) (August bank-holiday) and the [Zombie Walk](#) (28 October). Watch out for details in our regular Club meetings and meeting minutes, and emails.

I wouldn't like to finish without a special mention of the [Health Awareness Day](#) (10th February) which last-year resulted in 5 people being referred for immediate medical attention and over 30 people were advised to visit their GP imminently for further blood pressure testing, cholesterol or blood sugar checks. Our [Health Awareness Day](#) has almost certainly saved lives and improved the prospects for many more ... we always need helpers for this event so please circle the date in your diary now.

It's going to be another fantastic year for Community events and I'm confident there's something for everyone in the Club to join in.

Don Pearce



BE MY EYES...

Be My Eyes makes life easier for people with a visual impairment by connecting them with sighted helpers through a smartphone app. It's a free mobile app designed to bring sight to blind and visually impaired people. With the press of a button on their mobile phone, the app establishes a live-video connection between blind and visually impaired users and sighted volunteers.

For sighted people, it only takes a minute to choose the right tin from the shelf, or to check the expiration date on the milk, or find the right thing to eat in the fridge. For the visually impaired, small domestic tasks can be a big challenge. *Be My Eyes* is changing that!

Every day, volunteers are lending their eyes to solve challenges both big and small in the lives of the blind and visually impaired. With over half a million users across 150 countries, *Be My Eyes* has grown to become the largest online community for the blind and visually impaired.

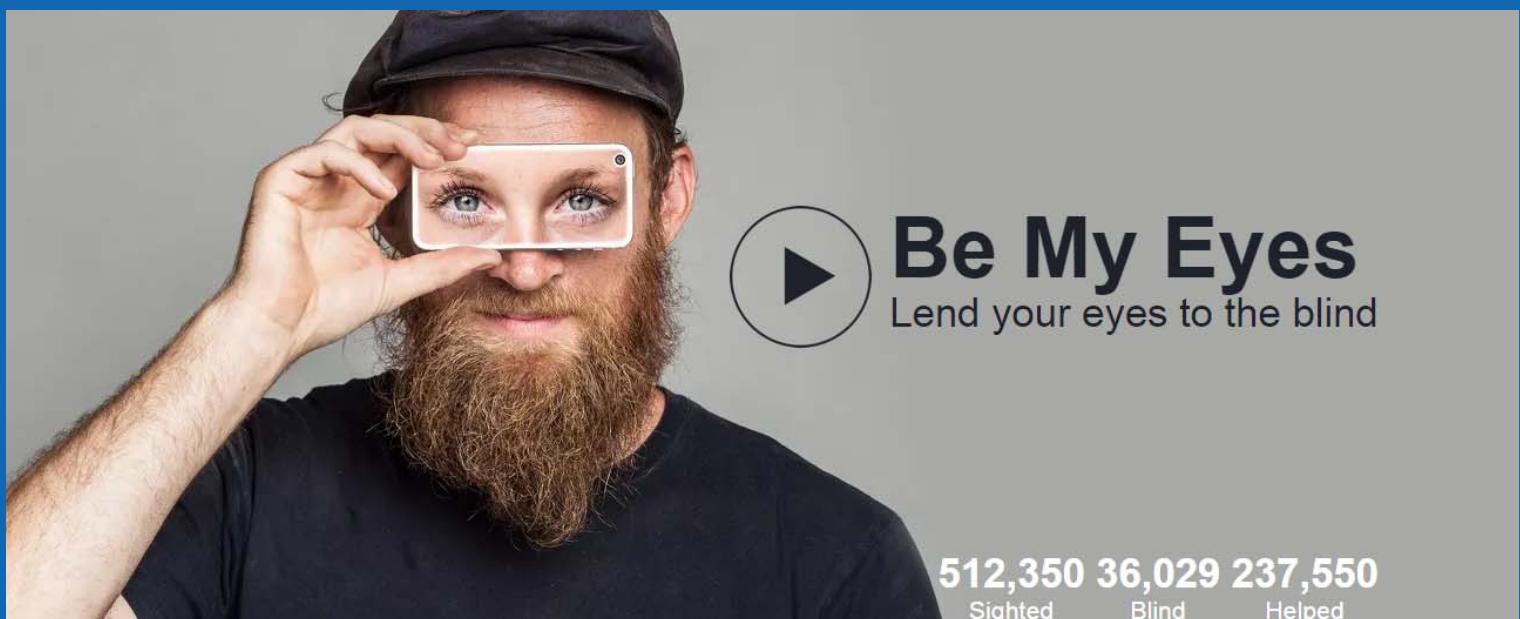
Find out more here: <http://bemyeyes.com/>



How are people using *Be My Eyes*?

There are many situations where a pair of friendly eyes can be helpful for those with visual impairment, and *Be My Eyes* is used to solve a wide range of daily tasks. No request is too big or too small! The following list provides examples of some of the creative ways people are using the *Be My Eyes* app:

- Finding lost items
- Describing pictures, paintings or other artwork
- Matching or explaining colours
- Reading labels on household products
- Reading on computer screens if websites are inaccessible or screen readers are not available
- Shopping in supermarkets
- Identifying the expiration date on perishable food packages
- Familiarizing yourself with new locations
- Distinguishing between products (Canned foods, shampoos and soaps, spices etc.)
- Determining if lights are turned on or off



Be My Eyes
Lend your eyes to the blind

512,350 Sighted 36,029 Blind 237,550 Helped



SOCIAL PLANS FOR 2017-18

As the club's Social Coordinator for this year, my plans are to put together a varied social calendar for the year based on what club members would like to do.

I would like to see numbers at our social events increase, as Rotary isn't always about hard work and volunteering, it's about fun and fellowship too. As with all things in life, it's important to have a good balance!



To help club members plan their diaries, I aim to get events into the calendar with plenty of notice and I would encourage members to let me know what they are interested in doing, and if they have any other ideas for new or different events. As long as we have enough interest, we can give anything a go! I have put together a new Social File which will be available at our club meetings to make it easy for people to register their interest in events and share ideas.

I would also like to maximise opportunities to socialise more closely with other local Rotary and Rotaract Clubs and aim to share our diary and invite them along to our events where appropriate.

If anyone is interested in helping plan our events, or if anyone has any suggestions etc. please let me know!

Victoria

YOUTH PLANS FOR 2017-18

My main priority for Youth Activities this year will be around RYLA (Rotary Youth Leadership Award). As a club, we are sponsoring a RYLA participant (Amy – more about her later in the Newsletter) this year, due to go on the course this month so we have been busy making these arrangements and once the course is finished Amy will be coming along to a club meeting to tell us all about it. After this, the search will be on for another candidate to sponsor for RYLA 2018. If anyone knows a young person between 18 – 25 years old with leadership potential please let me know.

As well as RYLA, we will also be keeping in close contact with Maidenhead Rotaract and hope to attend their meetings and support their events. They have done an excellent job this last year inducted 7 new members, holding over 50 events, volunteering over 200 hours and raising an amazing £3,950 for Thames Valley Air Ambulance. As many Rotarians in our club started out in Rotaract it's important to continue to support them.



Finally, I will be keeping an eye out for other Youth Activities to get involved with, either our own projects or with other Rotary Clubs. Anyone who would like to be more involved in local Youth Activities, please let me know!

Victoria

INTRODUCING AMY TOUGH!

Last year our club decided to sponsor a candidate to take part in RYLA 2017.

What is RYLA?



RYLA is the Rotary Youth Leadership Award. It is a Rotary International programme for young people offering them one of the most rewarding experiences of their lives. It offers an opportunity to develop qualities of leadership, team working, initiative and problem solving early on in their careers. It takes the form of a week long course in Rhos-y-Gwaliau in Snowdonia National Park at an Outdoor Education Centre. The course guarantees that the candidates will come back different, more confident, better equipped for the future in work, relationships and the local community.

Who did we choose?

Our chosen candidate is a young lady called Amy Tough. Having forged links with the Magnet Leisure Centre in Maidenhead during the planning for our club's "24/24 Challenge Event" where the centre were kind enough to let us use their facilities for 24 hours (for free!) we approached them to see if they had a suitable candidate for us to sponsor.

The Centre Manager consulted with the Duty Managers and they put forward Amy. We vetted Amy's credentials and Mike and I met with her for an informal interview and decided she was just the sort of person we were looking for. Several months later, and after completing an incredible amount of paperwork, Amy is now counting down the days to the course which starts on 22nd July.



Amy is 21 years old, and has worked at the Magnet Leisure Centre in Maidenhead since 2012. She has worked as a Lifeguard, Receptionist, and Gym Membership Advisor. She is currently a trainee Duty Manager and is hoping to be promoted to a full Duty Manager. Hopefully RYLA will help her achieve this!

Prior to this she attended Burnham Grammar School where she studied Sociology, Media and Business, participated in team sports and took part in Dance Coaching.

Here's a few little extra nuggets that don't get included on her official CV

Favourite Book and Film: Kite Runner, and Inception

Favourite Meal: Chicken Pie and Roast Potatoes

Favourite Holiday Destination: Barcelona

What do you most like about your current job: It's customer facing. Working under pressure with the potential use of my first aid skills

What are you looking forward to most about RYLA: I'm looking forward to the challenge of being out of my comfort zone and meeting new friends.

Amy returns from RYLA on 29th July, but the last challenge she has to complete is to come along to one of our meetings to tell us all about it. We wish Amy a fantastic time on the RYLA course and look forward to welcoming her to one of our club meetings very soon!



THAMES HOSPICE QUIZ NIGHT

Last year we were the winners of this friendly little quiz. Would we retain our title?

We were leading by two points at half time so all was looking good but the final Music round was our downfall. A very entertaining round which gave out extra points for team participating in singing and dancing to the songs. Last year this round wasn't supposed to have audience participation but the flowing wine clearly freed people inhibitions.

Never one to miss an opportunity the compare came well prepared this year with 2 roving microphones. It turned out our team can't sing and our dancing is best described "enthusiastic"! We were piped at the post and came in second.



The night was very entertaining and good fun, the music round certainly got people up and moving. It didn't matter whether it was Sinatra, Sister Sledge or S Club Seven. We are already looking forward to next year event!

If anyone wants to go to another Thames Hospice event then there is a concert by the Welsh Male Voice Choir at Taplow Court on Sunday 1st October.

Adam



PIMP MY CHARITY

As a group we have a number of skills that could be of use to smaller charities that maybe only have a volunteer group to draw on. We all joined Rotary to make a difference, experience new things and develop ourselves personally, so we saw an opportunity to match our skill sets with these smaller organisations and offer them development.

The plan is simple, charities contact us via our Pimp My Charity website with an idea of the help they need and we provide a free 3 hour session with the best suited people in the club. By the end of the session we will have provided new direction to that charity so they can breathe new life into their cause.

If you know some groups that can benefit, or want to volunteer your skills, please have a look at the website - www.maidenheadbridgerotary.org.uk/pimpmycharity or contact Lisa



ROTARY: MAKING A DIFFERENCE



**ROTARY:
MAKING A
DIFFERENCE**

Some years ago, a new acquaintance asked me what should have been a simple question: "What is Rotary?" I opened my mouth to reply and then stopped short with the realization that I simply did not know where to begin. The problem wasn't that I didn't know what Rotary was. The problem was that Rotary was — and is — too large and complex to easily define. We are a member-based organization, a club-based organization, and a service based organization; we are local, regional, and international; we are community members, businesspeople and professionals, working and

retired, active in nearly every country in the world. Every one of our 1.2 million members has a unique set of goals, experiences, and priorities; every one of us has a unique understanding of Rotary.

To me, Rotary is defined not by who we are, but by what we do — by the potential that Rotary gives us, and the ways we realize that potential in meaningful and lasting service. Rotary has been around for a long time: 112 years. In some ways, we've changed tremendously, as we've grown, matured, and adapted to the changing needs of our members and communities. In our fundamentals, however, we remain the same: an organization of people with the desire — and through Rotary, the ability — to make a difference in our communities, and the world. We answer the question "What is Rotary?" with our actions, by making a difference through our service.

As an organization, we recognize how important it is that the world understand what Rotary is, and what we do. At the same time, we know that it is more important than ever to allow our clubs to define Rotary service for themselves. As Rotarians, we have more flexibility than ever to decide how we want our clubs to meet, work, and grow. We're focused more than ever on making sure that Rotary reflects the people it serves, with more women and a more diverse membership. And we're working hard to ensure that Rotary remains the world's pre-eminent volunteer service organization, by emphasizing long-term planning, sustainable service, and continuity in leadership on every level.

In 2017-18, we will answer the question "What is Rotary?" with the theme Rotary: Making a Difference. However each of us chooses to serve, we do it because we know our service makes a difference in the lives of others. Whether we are building a new playground or a new school, improving medical care or sanitation, training conflict mediators or midwives, we know that the work we do will change people's lives — in ways large and small — for the better. Whatever motivation each of us had for joining Rotary, it is the satisfaction we find in Rotary that causes us to remain, the satisfaction of knowing that week by week, year by year, we are part of Rotary: Making a Difference.

Ian H.S. Riseley

President, Rotary International, 2017-18



HELP GROW YOUR CLUB

Your Rotary membership starts in your club. Getting involved will develop your leadership skills and knowledge and build lifelong friendships. Rotary brings together leaders — people like you who want to make a difference.

CONNECTING FOR COMMUNITY

The top two reasons people join Rotary are to give back to their communities and to connect with like-minded leaders and friends. Our members stay with Rotary year after year for the same reasons. What motivated you to join Rotary? What have you set out to accomplish with your club and as a Rotarian?

OUR COLLECTIVE IMPACT

Rotary brings together people like you — leaders from all cultures and occupations who want to use their distinct expertise for good. People whose sense of responsibility inspires them to give back to their communities. Who step forward to tackle the toughest challenges — and persevere to create lasting change in communities around the world. Together, we empower youth, improve health, promote peace, and advance our communities in all corners of the globe.

You joined Rotary because you want to make a difference. Because you believe in our motto: Service Above Self. Because you're committed to integrity and making change happen, and because the areas that we focus on are important to you. So help your club to find more people like you and share the Rotary experience.

Do you remember how you felt at your 1st event? Were you nervous, a little unsure of what it was all about? Hopefully you left your first event feeling welcomed to the club and wanting to find out more and get involved. Here, Lisa asks all club members to help new people feel welcome at their first event, to help her in encouraging them to join as a full member. So if you see someone who looks a little unsure, please approach them, talk to them, explain what we do and make them feel welcome and wanting to come back!

Lisa



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



BURNHAM DONKEY DERBY

The weather conditions were perfect on Saturday 27 May 2017 for the Burnham Donkey Derby. This was my first experience of a Donkey Derby, in fact my first experience of donkeys, and what a wonderful one it was too.

It was so comical to see grown men trying to push a donkey into first gear as if they were push starting a car, whereas I just gave a confident stride forward and off we went with our first of many riders (beginners luck with a very accommodating donkey?). A simple route of up to the virtual roundabout (or large grassy mound) and back round again was planned out which worked well when the event had only just opened, but as the crowds grew and the little train started up we had a few more obstacles to be aware of, as well as making sure our riders were happy and still on board! I only had one parent who decided that the donkey's neck was the best place to seat their child and was quite confused as to why they slid down when the donkey decided to attempt a munch of the lush green grass, we quickly placed the child in a better position and continued with our journey.



How lovely to see so many of the Maidenhead Bridge Rotarians supporting the event that day, with Don keeping the ever-increasing queue amused with his fabulous balloon creations and Nisha working her magic fitting helmets to the riders as well as everyone else who helped on the day signing up the riders or leading donkeys. I can't wait to do it all again next year and spend a few hours repeating the phrase "Sit up and look forward, it's much more fun when you can see where you are going" as well as seeing all those smiling children as they experience the joys of riding.

Katherine



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



Join Rotary and turn dreams into reality...

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.



A healthy breakfast: Homemade Granola!

Ingredients:

- 60g coconut oil
- 120ml honey
- Sea salt
- 350g jumbo oats
- 50g pecans, chopped
- 50g hazelnuts, chopped
- 50g walnuts, chopped
- 50g almonds, chopped
- 25g sunflower seeds
- 25g pumpkin seeds
- 25g linseed
- 50g coconut shavings
- 50g raisins
- 100g dried figs, chopped
- 100g dried cranberries

The quantities of nuts, seeds and fruit can vary according to what will make your Perfect Granola and you can replace some of the oats with another of your favourite grains like spelt flakes or oat bran.

Method:

1. Heat the honey, coconut oil and salt until melted.
2. Mix the dry ingredients together, apart from the fruit, and coat well in the honey mix.
3. Bake at 150°C for around 25 minutes until golden.
4. Mix the fruit through and allow to cool before storing in an airtight container.
5. Serve with milk or yoghurt in the morning or as a topping for fruit as a guilt free dessert.



FEATURE: EVERY PICTURE TELLS A STORY



Neil and I recently spent a week in Switzerland. It was the first time I had a chance to use my new digital camera, and there were plenty of spectacular views to choose from. I certainly took lots of pictures of mountains, lakes, Swiss flags and very tidy chalets with geraniums flourishing in every window box. The occasional train makes an appearance, as do many, many vegetable patches (we really must plant things much closer to each other!). I even took a very wobbly video of some cows with their bells tingling as they walked down a village street.

However, the photo that means most to me is one I waited 32 years to take. I visited Geneva in 1985 but didn't have enough time to go to the European Headquarters of the United Nations. This time we

managed it.

The square outside the building was very crowded. It was heartening to see how many young people from all over the world were eager to have their photos taken in front of the gates. While I appreciate that no organisation is perfect, the UN was established with many of the idealistic values and ambitions that we in Rotary have. Indeed a number of Rotarians were involved in drafting the UN Charter. Rotary has been associated with the UN since 1945, and holds consultative status as an NGO. There is even an annual Rotary Day at the UN – more details here <http://riunday.org/>

Visiting the UN headquarters as members of Rotary seemed to add an extra layer of meaning to the day, perhaps because of the many shared values.

While thinking about this article, and Rotary's vision for a better world, I came across a headline in an African newspaper which seemed to sum up the meaning of being a Rotarian. "Rotarians move the world, one deed at a time".

Sushi

SAVE THE DATE

ROTARY DAY AT THE UNITED NATIONS 2017

Peace: Making a Difference

**Saturday, 11 November
Geneva, Switzerland**

Rotary 

Rotary 
Club of Maidenhead Bridge

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WWW.MAIDENHEADBRIDGEROTARY.ORG.UK



PARA ATHLETICS WORLD CHAMPIONSHIPS LONDON 2017

In 2012 our family attended six events at the Paralympic Games in London. We saw sports we had never even heard of (like goalball, where visually impaired players use a ball with a tiny bell in it), as well as those I had never thought I would enjoy (wheelchair basketball). It was an extraordinary and fantastic experience, but one that felt like a “once in a lifetime” occasion.

On 15th July our older son (24) and I felt as if we had travelled back in time. We went to two sessions of the World Para Athletics Championships at the Olympic stadium, at 10 am and 7pm. There was the same atmosphere of disbelief at amazing achievements, excitement at close races and unexpected winners, and a sort of pride at being part of something where there seemed to be no ceilings (of glass or anything else). There was a tinge of sadness that the world wasn't like this all the time.

The time between the actual sports was quite as remarkable as the action within the stadium itself. Not only did they hold several medal ceremonies for earlier events, but many of the medallists were casually milling around amongst the crowd. It was a thrill to be able to congratulate world champions in person!

In parallel with the sport, there was an event called the Liberty Festival. This included the chance to try some para sporting activities, as well as activities for kids in arts, crafts and theatre. There were international street food stalls, as well as those focussing on various aspects of inclusion – of deaf people, wheelchair accessibility to cultural events, and ease of use of public transport, for instance.

However for us the outstanding experience of the afternoon was a wonderful performance by a small group of young dancers who have a range of physical disabilities called Ill-Abilities. They come from all over the world, and have the motto “No Excuses, No Limits”. We were spell bound by their combination of extraordinary dance moves, and the way they told us their personal stories.

We could easily have watched them all day! To learn more about them, there is a [2013 Guardian article](#) and a link to their [Facebook page](#)

Sushi



EARN CASH WHILST SHOPPING ONLINE!

It doesn't cost you a penny extra! When you shop the easyfundraising way with one of our 3,280 shops and sites they give us a commission for your purchase. We turn that into a donation and give it to your good cause. Easy!

Using [easyfundraising](https://www.easyfundraising.org.uk) is just about the simplest way to raise money for your good cause. If you're wondering what it's all about, read on...

How does easyfundraising work?

We work with over [2000 retailers](#) who have all agreed to pass a donation to your cause when you shop with them. The donation is usually a percentage of how much you spend with them but it can also be a set amount, such as £30 for a new car insurance policy from [Aviva](#). Our retailers include [Amazon](#), [M&S](#), [Boden](#), [John Lewis](#), [Argos](#) and 2000 other well known names.

What do you need to do to raise money?

Firstly [register](#) with us and tell us who you want to support (www.easyfundraising.org.uk/causes/rotaryclubmaid). It's free for both shoppers and causes to register and use.

To raise money, instead of going directly to the retailer website, log into [easyfundraising](https://www.easyfundraising.org.uk) first and click on the retailer you want to shop with. You'll then be taken to the retailer's website where you shop as you would normally. But because you visited easyfundraising first, your cause gets a donation. It really is that simple.

What's the catch?

No catch. Whatever you buy costs exactly the same as it would if you visited the retailer site directly. We don't take any financial information from you as all your transactions are with the retailer. We won't sell your information on and we won't spam you. And it doesn't cost you or your cause anything.

How do the causes get the donations?

Every three months we total up how much the supporters of each cause have raised and providing it is over £15, we send the cause a cheque. If the amount raised is less than £15, we just carry it forward to the next cheque-run.

Sign-up today and support the club here: www.easyfundraising.org.uk/causes/rotaryclubmaid



UPCOMING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 July 2017	01 August 2017	02 August 2017	03 August 2017	04 August 2017	05 August 2017	06 August 2017
		Food Share @ 6pm	Club Council @ 8pm		Foodshare (9am) @ Foodbank store	Meetup at Costa Coffee (10.30am)
07 August 2017	08 August 2017	09 August 2017	10 August 2017	11 August 2017	12 August 2017	13 August 2017
		Food Share Volunteering @ 6pm			Foodshare (9am) @ Foodbank store	
14 August 2017	15 August 2017	16 August 2017	17 August 2017	18 August 2017	19 August 2017	20 August 2017
		Food Share @ 6pm			Foodshare (9am) @ Foodbank store	Meetup at Costa Coffee (10.30am)
21 August 2017	22 August 2017	23 August 2017	24 August 2017	25 August 2017	26 August 2017	27 August 2017
		Food Share Volunteering @ 6pm		Timbertown - help setting up fencing, tents, etc @ 10.30am	Foodshare (9am) @ Foodbank store	
28 August 2017	29 August 2017	30 August 2017	31 August 2017	01 September	02 September	03 September
Timbertown Volunteering @ Town Moor (9am)	Timbertown - help clearing up @ 10.30am	Food Share Volunteering @ 6pm			Foodshare Volunteering (9am) @ Foodbank store AND Cookham Regatta (times TBA)	Maidenhead Half Marathon Marshalling 9 till 12:30 AND Meetup at Costa Coffee

BIRTHDAY CORNER

Happy birthday to the following club members:

- Rajan & Louise - 1st July
- Sushi - 6th July
- Laura - 14th July
- David Gratton - 26th July
- David Gunn - 5th August
- Claire B - 15th August
- Nancy - 31st August



INDUCTION ANNIVERSARIES

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

- Nelly - 5th July : 2 years
- Louise - 17th July: 1 year
- Millie - 2nd August : 2 years

