

EXEpress

Issue 54 March - April 2018

The Newsletter of Exe Valley Rotary Club

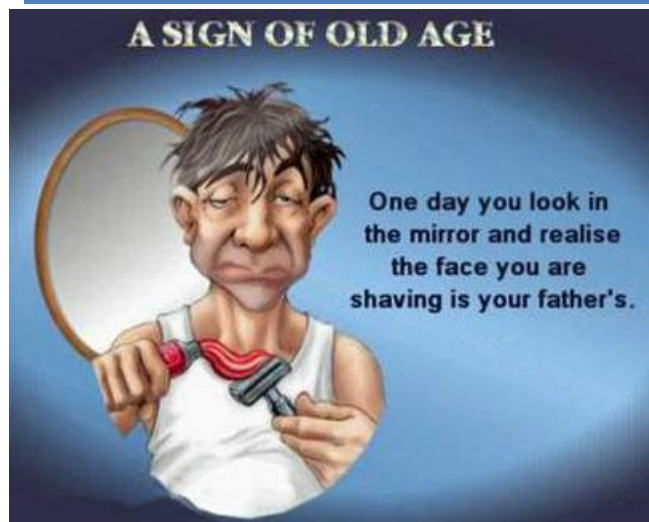


The sun has arrived, well at least for the past few days. Let's hope this it continues through the summer months.

There is not a great deal to speak about in this newsletter because the main work of club and members has been devoted to organising our two major events - **The Templeton Trail and The Uffculme Show**. Both of which do not just happen there is a lot of work goes into making the events so successful. For that I am genuinely grateful to the Committees and members who take on board the various tasks. **The Templeton Trail** on the 8th April was again hugely popular with 55+ runners of varying ability taking part. The weather kept dry, although a little damp underfoot and an enjoyable event was had by all. The money raised is to be donated to the Calvert Trust on Exmoor a very worthwhile charity for the disabled. However it is not just the Rotarians who work to put on this event but also the ladies who provide food, teas and coffees etc. at Templeton Village Hall. Their help and the use of the hall is greatly appreciated. So as I write we are very close to the date of our other main Rotary yearly event – **The Uffculme Show and Country Fair**. Back in October the Committee first sat down to start the planning and it has now all come together (hopefully). **Bank Holiday Monday 7th May 2018 is SHOW DAY** and I hope you, like me, look forward to a successful event for the local community and beyond. Some new events and some returning events will make this a super day for the public. Even if you are working on the day please be sure wherever possible to take time out to enjoy the attractions.

We are very privileged to have some really interesting speakers and I am personally looking forward to our Tri-Club meeting on 30th April. The three clubs of Exe Valley, Tiverton and Exmoor are getting together for the first time for an evening of fellowship. This has not been achieved before and if successful could become a calendar event for the clubs. We shall see. For this first evening we are delighted to be welcoming a special speaker – Her Majesty's Lord Lieutenant of Devon, David Fursdon. A man with a distinguished CV, I am sure his talk will be very interesting. I think it is time for me now with others to crack on with the final arrangements for the show, so as always thank you for your support and let's continue as Rotarians to "Make a Difference".

Les Christiansen - President



Cheerio!

After 8 years and 54 issues I have decided to vacate the role of Exepress Editor. Despite the cartoon (<<) it is not old age that has brought me to this decision but an increasing awareness that the Newsletter and the way it is delivered needs a complete appraisal. Although editing the Newsletter takes a surprising amount of time to put together I have thoroughly enjoyed my role as editor and would like to thank the members who have made contributions over the years and to those who have taken the time to give positive feedback and encouragement. Patch Jobson will take over the editorship on the 30th April and his experience as a current regional magazine editor and of social media will ensure a much needed improved delivery

Mike Viney

Club News

Marie Curie Collection - 3rd March



Unfortunately the Tiverton town collection was cancelled by Marie Curie as the weather was considered too severe and a potential hazard to 'elf n safety, (and a possibility of no donators). Undeterred two stalwarts of the club set forth and in the true traditions of the club decided to 'give it a go'.

Photo shows our two intrepid members found that Marie Curie were right!

Our heroes wish to remain anonymous, (a clue in the hats, perhaps?), but if anybody knows who they are please contact the Editor with their names

CHAT Collection - 17th March

Similar weather affected this collection - snow drifts were just as high as the 3rd March but remarkably the roads were clear. The stalwart members in the photo are: L to R: Rtms Christiansen, Steiner and Reynolds. Photo taken by Rtn Richard Taylor who has commented, "Brrrr! 'Twas chilly!! I wore my new Bowler hat ! Proper Posh!!" We must use our imagination to summon up a picture of how good he actually looked



Report by Rtn Tony Steiner, Community Services Chair

Although we had to cancel our Marie Curie collection on what was the coldest Saturday this year, a brave and hardy group of Exe Valley Rotarians, with teeth CHATtering, collected £248.53 pence for the Churches Housing Action Team on what was probably the second coldest Saturday this year. Of course we only had to brave the cold for two hours each before returning to our warm homes to recover. However the day became progressively colder and by the time David Disney and Richard Gough took over for the final shift it really was extremely cold, so much so that they both felt the need to jet off the following day to warmer climes just to thaw out. Even our President who, although of

good northern stock, noted that it is was more than a bit chilly and he and I (soft southerner) were extremely thankful to the young car park attendant who brought hot coffee from the M&S staff room. I would like to think that the weather encouraged bigger donations for this fantastic charity. Those that stopped to CHAT were very supportive and appreciative even if they didn't hang around too long. Greetings were received from Bourne End & Cookham Rotary Club whose visiting member was contemplating how he was going to get home - he didn't hang around too long either!

Thank you to everyone that helped on the day. It was a great advert for Rotary; join Exe Valley and get **exposure!**

BLOODHOUND SSC Visit - 25th March



Several EVRC members, partners, and guests visited Bristol to view this British supersonic land vehicle currently in development. Its goal is to match or exceed 1,000 miles per hour (1,609 km/h), achieving a new world land speed record. The pencil-shaped car, powered by a jet engine and a rocket engine, is designed to reach 1,050 miles per hour (1,690 km/h). It is being developed and built with the intention of breaking the land speed record by 33%, the largest ever margin. Runway testing of up to 200 miles per hour (320 km/h) occurred on 26, 28 and 30 October 2017 in Newquay, Cornwall. Bloodhound SSC will then be tested on the Hakskeen Pan in the Mier area of the Northern Cape, South Africa, where a track 12 miles (19 km) long, 2 miles (3.2 km) wide has been cleared. In July 2016, it was reported that Andy Green would attempt to break his own World Land Speed Record with Bloodhound (to 800 mph) in October 2017. In March 2017 this attempt was pushed back to summer 2018.

Photos by
Rtn Richard Taylor

RIBI Environmental Award for 2018 at the Torquay RIBI Conference - 7th April 2018

Tiverton's Hospital Wildlife Garden wins from entries across Britain and Ireland



Gavin accepting the RIBI 2018 Environmental Award at Torquay National Conference for "creating an extensive wildlife garden in the grounds of Tiverton Hospital providing a habitat for birds, insects and small mammals."



Welcome to Tiverton Hospital's wildlife garden. This garden has been created to encourage the local wildlife and for the benefit of the patients and visitors at the hospital. Although small, this garden will provide shelter and food for many types of creatures including birds, butterflies, insects and reptiles.

A signboard explains the importance of maintaining wildlife areas in our increasingly pressurised environment.



In April 2005, members of Exe Valley Rotary Club, led by founder member Gavin Haig, designed and created the community wildlife garden in the grounds of Tiverton hospital. Covering some 40 x 10m the garden is separated from the adjacent sports field by a stretch of Devon bank – itself a valuable habitat, and is viewed from the adjacent medical wards allowing patients and staff alike to enjoy the garden and its inhabitants. Native trees, including the guelder rose, blackthorn, wayfaring tree, hawthorne and holly are planted along the Devon bank, providing year-round habitat for birds, insects and small mammals. Nine islands of wild flowerbeds were created, each delineated by honey coloured Ham stone, and containing a mixture of native plants wild flowers and herbs known to be attractive to wildlife (such as meadowsweet, lungwort, dame's violet, hemp agrimony, oxeye daisy, rosemary and lavender.) Vigorous intruders such as dock, dandelion and coarse grasses are regularly weeded out. Early purple orchid, snowdrop and cowslip enhance the margins of the garden each spring. Two live willow sculptures grace the area, one in an arbour with seating and the other representing a tree trunk in which blackbirds have nested. A purpose-built hedge hedgehog box enables watchers to see hedgehogs (in season) wandering the garden at dusk. A magnificent black poplar is the natural centrepiece of the garden, carrying different types of nest box in the hope of attracting a wide range of creatures. Robin and spotted flycatcher favour the open fronted box while Mason bees have colonised the insect nest box. The hole fronted box has proved an ideal home for members of the titmouse family and there is also a high nesting box for bats. Dead wood is known to provide food and shelter for amphibians and reptiles as well as mammals, so two deadwood piles are placed to attract slowworm, grass snake, frogs, toads and small mammals such as bank vole. There is also a slate area under which beetles and slowworms can find refuge. An abundance of stinging nettle on the bank provides food plant for small butterflies such as Tortoiseshell, Peacock and Red Admiral while the provision of carefully selected coarse grasses attract grassland and meadow butterflies such as Meadow Brown, Speckled Wood and Gatekeeper.



OVERALL WINNER

The Rotary Club of
EXE VALLEY (Tiverton) District 1175

In respect of...
'Creating an extensive wildlife garden
in the grounds of Tiverton Hospital
providing a habitat for birds, insects and
small mammals'.


Rodney Huggins MBE, FRGS
For RIBI Environmental Sustainability Group



Tiverton Hospital Wildlife Garden



Chaffinch



Blue Tit



Goldfinch



Nuthatch

Log Piles

Log piles have been placed here to provide homes for many types of invertebrate, such as woodlice, centipedes, millipedes and lots of different spiders. Insects will be least active during the winter, so if you want to have a real good look, visit in the summer and bring a magnifying glass to get up close and personal.

Bird Feeders

Feeders have been hung from the trees and wooden sculptures to attract birds to the garden. The log pile will also provide food for those birds that like to eat insects. Birds will come here to feed all year round so look out for robins, blackbirds and great tits as well as those pictured here.



Greenfinch



Long-tailed Tit

Butterflies

Plants such as knap weed, buddleia and marjoram have been planted here to provide an important nectar source for butterflies. If you visit during the summer, be sure to look out for these butterflies. Nettles are a good place to look for caterpillars of peacocks and small tortoiseshell.



Small Tortoiseshell



Red Admiral



Common Blue

Reptiles

Slate tiles have been placed along the bank near the base of the tall poplar tree. These heat up when the sun shines on them. Reptiles, like slowworms and common lizards, will lie under or on top of the tiles to warm up before going hunting. Like many animals reptiles hibernate in the winter, often in log or rock piles, so the best time to see them is in the summer.



Peacock



Brimstone



Large White

Templeton Trail and Fun Run- 8th April

Report by Tony Nderitu, Youth Committee Chair

The squelchy, boggy and soggy conditions could not deter 55 runners and their families from the enthusiastic arrival at the Templeton Village Hall. The weather was perfect for running. Enthusiastic runners were registered and briefed by the veteran marshals from Exe Valley Rotary Club. St John's Ambulance kept a very vigilant eye to ensure a quick response should one be needed. Charles Denman set them off at 11.00am in two batches. Splatters of mud in the farms, squelchy ground in the woods or soggy grass could not deter these fun seekers. What a run it was. The youngest were the quickest in that fun run. In less than 40 minutes, the first arrivals cleared the 5km. Three boys had a blast as they set a pace that was envied by all. The marshals had not even exchanged their notes when the first entrants returned. The next crop of runners is well on the radar of running clubs. There are green shoots in the spring fields of Devon when the quickest are not teenagers yet. The highlight was sprinkled with the presence of the two dogs that graced the run. One beautiful dog accompanied a gentleman and came back with evidence of fun run in the woods. The second dog was brought in the arms of a young man who was 'followed' home by a local beauty. When a run accommodates all, it is worth it. Heaps of thanks to all the entrants, families, marshals, farmers who allowed access to their farms and the owner of Cruwys Woods. We cannot forget the ladies and gentlemen who offered sustenance in the Village Hall. The reward was worth the wait.

Next year: the more the merrier; join in the fun run for holistic health.



Rtns Withers, Pearson, Nderitu, and Heywood mark out the trail and check all is safe in the woods and valleys, Rtns Mitchell and Richard Taylor ensure safety on the roads and, with a last check from organiser Rtn Nderitu, and a briefing for marshals we can begin



<They're Off!

With fun for all>>



Speakers' Corner

14th March: Councillor Andrew Leadbetter Cabinet Member Adult Social Care and Health Services



Devon County Councillor Leadbetter told the members that Accountable Care Systems are now more commonly known nationally as Integrated Care Systems, so that's the term we're using. At its simplest, an Integrated Care System is way of working, collaboratively, between a range of health and social care organisations, to help improve people's health. It's when organisations work together in a shared way; sharing budgets, staff, resources where appropriate, to best meet people's needs. What it's not is a creation of a new organisation, or some body seen as being undemocratic, or 'privatisation by the back door'. It's important to draw that distinction, because there is criticism at a national level that creating new commissioning organisations can lead to a place where people's care needs come second to the needs of those undemocratic organisations, that's a place that Devon has no intention of going. By working collaboratively with a range of organisations, Integrated Care Systems (ICS) aim to help people stay healthy, tackling the causes of illness and wider factors that affect health such as education and housing.

Commissioners and providers of acute hospital and community services, primary care, mental health and social care work increasingly in partnership to plan, finance and run services. From the patient or service users' point of view, they see a joined-up health and social care service that works for them. Their care, however simple or complex it is, is planned, and the Council, the CCGs, the hospitals, the GPs, are all working together to that same plan. It makes common sense to work together. It's not just that there's a statutory obligation for health and social care organisations to do so. It's not a new concept, Integration of care is something that we in Devon have been providing for some years, with front line health and social care staff working together in the same teams. An Integrated Care System builds on the solid progress that's already established with The NHS Constitution and Local Authority Constitution remaining at the heart of everything we do, meaning anyone can receive high-quality NHS care, free at the point of access, whenever they need it. People will still see a GP when they need to and there will still be hospital care. Social care will continue to operate as it does now but integration will mean services are increasingly organised around the needs of individuals and not organisational boundaries. Working in partnership across a wide range of services, people will be helped to stay healthy, receive more support and treatment at home rather than having to go into hospital if it's not necessary, and see their GP more quickly. If people do need to be admitted to hospital, they will be supported at home quickly with the support they require. With NHS and Local Authorities now working more closely together than ever before, we should give our doctors, nurses and social care staff the best chance of success by enhancing our partnership working.

21st March: Paula Hullet, 'Children's Hospice South West'



Paula explained that the hospice ethos is to ensure that everyone, Trustees, all staff and volunteers, place children and families at the centre of the organisation. In order to achieve this, everyone is expected to promote a strong, caring community environment characterised by a culture of sensitivity, trust, consideration and respect for others. For more than 25 years Children's Hospice South West has been caring for children with life-threatening conditions by providing children's hospice and professional family support services. They are dedicated to making the most of short and precious lives through the provision of the best possible hospice care for children and young people with life-limiting conditions. The care offered at each of the three hospices is not just about



medical and nursing support for sick children but enriching lives of the children and their whole family. Care and support is provided to families living in the South West, who have children with life-limiting conditions. The hospice provides specialist palliative care, respite for the whole family, a sibling service for brothers and sisters, emergency support, end of life care and a bereavement service for as long as is needed. Referrals are welcome from anyone

28th March: Roger Linden, 'Making sense of taste'.



Roger is an eminent Emeritus Professor of Craniofacial Biology based at King's College, London and he gave a fascinating talk on the perception of taste to members, partners, and guests which included various examples of flavours and how tongue and brain can be sometimes fooled into misinterpreting the anticipated sensation of taste. The sensation of taste basically consists of sweetness, sourness, saltiness, bitterness, and savouriness and these sensations are produced when a substance in the mouth reacts chemically with taste receptor cells located on taste buds mostly on the tongue. Taste, along with smell and nerve stimulation (registering texture, pain, and temperature), determines flavours of food or other substances and other areas including epiglottis. The **gustatory cortex* is responsible for the perception of taste.

*(*Follow this link for more information on this fascinating subject)*

18th April: THS Head Girl & Boy, Jessica Fitch & James Parker



Many members consider the annual visit of the Tiverton High School Head Girl & Boy to be one of the guest speaker highlights of the year. Like their predecessors of previous years Jessica & James spoke in a relaxed manner with confidence and a maturity normally associated with more adult and experienced public speakers. Both expressed pride in their role as school ambassadors and the personal growth and discovery it had developed in them. They acknowledged the positive influence that THS teachers had had in providing an environment that moulded social skills as well as academic ones. Jessica in particular appreciated the encouragement given to her to expose her to areas 'outside her comfort zone' with acting and dance. She is looking forward to a gap year, before attending university, spent travelling and a possible future career in journalism. James' interests outside of school is sport and in particular rugby union. He is currently playing regularly for Exeter Chiefs Academy with hopes of a potential professional career while also studying at university.



30th April 2018 David Fursdon, Lord Lieutenant of Devon, speaking to three club meeting at Hartnoll Hotel. PARTNERS' EVENING.

This event will be covered in the next issue of Exeexpress and also on EVRC's website

Ye Goode Olde Dayes

There was a time, and it now seems an age ago, when nanny health and safety concerns and subsequent outrageously high insurance premiums did not prevail and common folk used common sense to indulge in all manner of carefree FUN events .



The Tiverton Round Table Annual River Exe Struggle was one such event where travelling down the river on all sorts of strange craft and sliding down various raging weirs in the pursuit of FUN was the only consideration. One of the 'strugglers' on board this craft supplied the photo to Exeexpress and is a current member of EVRC. Can you name him and any other of his struggle mates?

Skittles

[illegible]

Exe Valley RC v Exmouth RC

Venimus Vidimus nos got saginati!

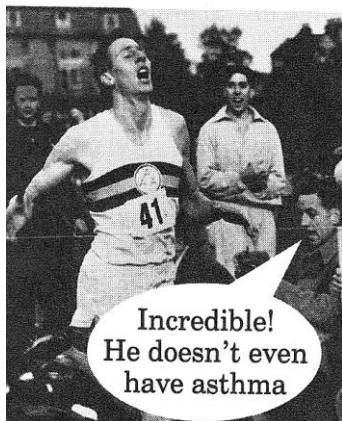
For the Cup Match played against Exmouth RC on 3rd April EVRC Skipper handpicked a highly skilled elite six players from his squad, determined that victory would be assured. Unfortunately more than half of his first choice were unable to play so the usual motley crew assembled at the Riverside Arena and did their best. The scoreboard shows quite clearly, sadly, that their best was not good enough. After four rubbers EVRC were well ahead but Exmouth stormed back with a flurry of spares while the home team fell back into a slough of miserable ineptitude. Well done Exmouth - a well deserved triumph! No dodgy application of sandpaper required by them to secure victory.

Rtn Richard Taylor was EVRC top scorer and decided to record the event as evidence for posterity in the strong belief, which was also shared by his team mates, that it was very unlikely to ever happen again.

Blood sugar, carbohydrate, starch and alcohol levels had dropped to such an alarming low level during the intensity of this epic battle that both teams quickly retired to the Riverside Bar for chips, baked beans, and pasties, washed down with copious quantities of the brown and foaming

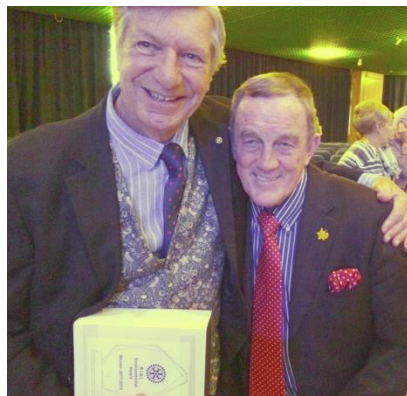
Athletics

BRITISH SPORTING HERO



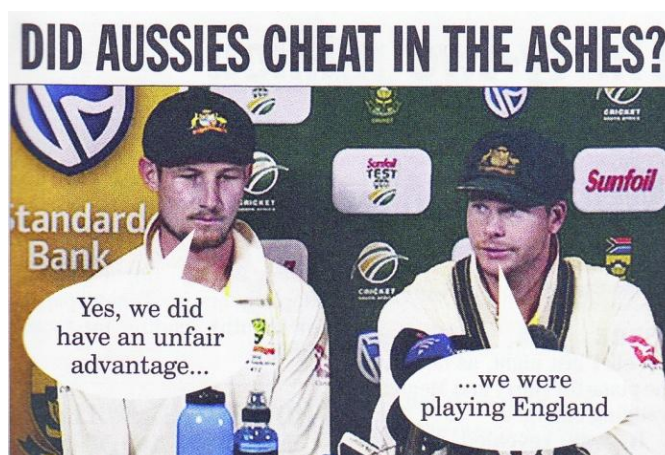
Rugby Union

Welsh rugby legend and all round 'good bloke', Phil Bennet was one of the first celebrities attending the RIBI Conference at Torquay to congratulate Rtn Gavin Haig on receiving the RIBI Environment 2018 Award



As Gavin said, "It can't get much better than being congratulated by an ex Lions Captain.!! Trefor Davies eat your Gilbert rugby football !!"

Cricket



Letters

What happened to the missing 2,200,000 Members ?

I have just come across this item on the Rotary LinkedIn pages.
See attached page and also see the link mentioned in the text.

Richard T.

Get Ready To Be Shocked!

I just saw this on PDG Jim Henry's great blog, Retention Central. It is a remarkable piece of information that should rock all Rotarians, especially those who are called our leaders.

>>>>> <https://zone34retentioncentral.blogspot.co.uk/>

*"Rotary International's membership has hovered around 1,200,000 for the last fifteen years. During this time, according to RI's own records, **Rotary clubs have inducted - and lost - approximately 2,200,000 members.** Why? Nobody seems to have reasonably definitive answers, only conjectures." <https://zone34retentioncentral.blogspot.com/> March 1, 2018*

I am just a Club Level Rotarian with perhaps a bit more interest in the direction and quality of our leadership than most. I regularly surf the internet for Rotary information. But how could this startling fact not be a widespread piece of information? This doubles the number of exits noted in Director John Smarge's 2011 groundbreaking speech on retention (though he focused only on 7 years). Reread PDG Jim's last sentence. How can there only be conjectures after 15 years of this? Is this how you run your business? According to PDG Henry's Retention Calculator, this represents a retention rate of -83.33%, MINUS 83.33%! (Remember, we are encouraged to have a retention rate greater than 100%.)

I've got a conjecture: we have had leadership and a Secretariat that have the wrong priorities. And I do think I have a definitive answer: We need new leadership!

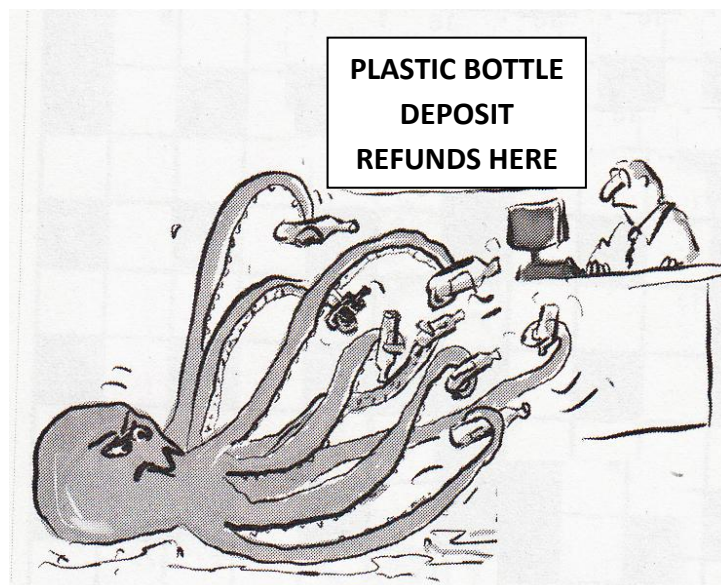
<https://zone34retentioncentral.blogspot.co.uk/>

Ken Jaskot, General Manager of Daily Activities, Retired

RIBI News

eLearning

Rotary International is updating the [Learning Centre](#) and they are planning to move to a new Learning Management System (LMS) in early summer. Currently Rotary in Great Britain and Ireland has five courses on the Learning Centre. Our developers do not yet have access to the new LMS, but our plans are to move our existing courses to the new Learning Centre as soon as possible, with the Membership Courses being our priority. If you wish to use the courses before June this is the time to do it as some of the courses will not be available immediately. Our current courses are Satellite Clubs, New Clubs Formation, Mentoring, Running Effective Meetings and the Assistant Governor Introductory Course. Any queries in the meantime to elarning@rotarygbi.org



PROGRAMME for MAY - JUNE 2018

Wednesday	2nd May	Uffculme Show Planning/Briefing Meeting
Monday	7th May	Uffculme Show
Wednesday	9th May	Uffculme Show debriefing
Wednesday	16th May	7:00pm Council Meeting. Club AGM & Business Meeting
Wednesday	23rd May	Michael Harrison, 'The Office of the Police & Crime Commissioner'
Wednesday	30th May	Mary Elphinstone, 'Aspects of Palestine'
Wednesday	6th June	7:00pm - Council Meeting. Business Meeting
Wednesday	13th June	Club Assembly
Wednesday	20th June	Canal Trip – Fish Supper. PARTNERS' EVENING. F&F arranging
Wednesday	27th June	Handover Evening. PARTNERS' EVENING
Wednesday	4th July	7:00pm - Council Meeting. Business Meeting

Duties

	Grace	Meal Steward	Vote of Thanks/Object
May 2 Council & Business	West Bruce	Fuller Robert	Phillips John
9	Withers William	Gough Richard	Pugsley Richard
16	Haig Gavin	Radford John	Barton Tim
23	Harris Andrew	Butler Andrew	Reynolds Fred
30	Heywood Arthur	Radford Ray	Ashfords' Representative
June 6 Council & Business	Jenner David	Rice Robert	Courage Ken
13	Kidd Ken	Steiner Tony	Shears Chris
20	King Chris	Steele Chris	Davies Rory
27 handover night	Barton Tim	Davies Trefor	Denman Charles

The Rosta & Programme are often updated so remember to check the EVRC website

InfoMedley

A fairly compact review of significant news, reports, emails of the past two months. Reports which were submitted with information that was private and confidential have been removed and out of date information has been amended accordingly.

TREASURER : BUSINESS MEETING 7th MARCH, 2018

Donations made as follows: MIND - £100 Rory Davies draw; Acknowledgement received from Mercy Ships; Still no acknowledgement from Castle Primary School. Still awaiting details as to how to pay Diane Goffey (SANIX World Rugby) Receipts: £600 from District for RHfCT

TREASURER : BUSINESS MEETING 4th APRIL, 2018

Bloodhound trip: Thanks to Gary's super-efficient organisation, the trip made a profit of £160 for the Club accounts

Allocated funds - £300 monthly draws, £500 pledge Maddie Bell Innowalk

Donations made as follows: Hospiscare - £100 Richard Taylor draw – acknowledged; Will Goffey Japan Rugby Tour - £100 – agreed some time ago - acknowledged; Acknowledgement received from MIND - £100; Still no acknowledgement from Castle Primary School. Still awaiting £250 for the Hospital Garden from Charities Aid. Many E-Mails exchanged – no result!

DRAFT AGENDA - ANNUAL MEETING

The Hartnoll Hotel 16th May, 2018

Grace: Gavin Haig Meal Steward: John Radford Object of Rotary: Tim Barton

- 1) Induction of new member, Martin Trevor - President
- 2) Object of Rotary
- 3) AGM

Officers for 2018/19 President - Andy Harris, Senior Vice President - Tony Steiner, Junior Vice President - vacant, Secretary - Bob Rice, Assistant Secretary - vacant

Appointments for 2018/19 of Auditor proposed William Withers, Council members (normally officers and Committee Chairs)

District voting delegates (normally President, Vice President), Secretary Honorary Member proposed Mr G Persey

Election of Committee Chairs 2018/19 Community/Vocation Youth Membership International;/Foundation Fun & Fellowship Publicity/information

Adoption of annual accounts Treasurer

Proposals (if any notified to secretary in advance) for discussion

Any other business of an Annual nature

- 4) Normal business meeting thereafter

Read and watch the latest District Magazine which includes video content from across the South West Peninsula: <http://www.rotary-ribi.org/districts/page.php?PgID=535972&DistrictNo=1175&Mp=519278>