



Invasion of the Dragons

Dragons descended on Kingston in force on 17th July when Kingston Rotary Club held its 16th annual Dragon Boats Challenge at Canbury Gardens.

An amazing 700 competitors took part in 47 teams and, with a crowd of onlookers estimated at over five thousand, it was sure to be a winner. All the teams competed for their chosen charities and at the last count, £60,000 had been raised and more still to come! "It was a truly Borough wide event", said Kingston Rotary Club President, Ramesh Kapadia "thank you to all who helped, especially the Rotary Clubs of New Malden, Surbiton and Kingston Riverside. We were delighted that the Mayor and Mayoress of Kingston, Cllr Geoff and Mrs Sheila Austin, were able to join us and present the prizes. It was altogether a fun family day out with the weather contributing to everyone's enjoyment". Thank you to Rotarian Simon Leo and members and volunteers who helped on the day.



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President: Ramesh Kapadia Secretary: Mick Taviner Editor: Anne McCormack

To contact Kingston Rotary Club please email taviner@kingstonrotaryclub.org.uk.
Kingston Rotary Club meets on Thursdays at 12.45 to 2pm at the Antoinette Hotel, 26 Beaufort Road, Kingston upon Thames KT1 2TQ. There are occasional evening meetings. Please check the diary at the end of this newsletter.





Above middle & right, photos by the editor



The Winners

- 1st: *Dragons Without Borders*
- 2nd: *Bragons*
- 3rd: *Carneys Community*
- 4th: *Born to be a Dragon*
- 5th: *Affinity*
- 6th: *Canbury Arms*
- 7th: *Ubunye Unity Men*
- 8th: *Blazing Parents*

Women's final

- 1st: *Ubunye Unity Ladies*
- 2nd: *Blazing Parents Ladies*
- 3rd: *Pished Paddlers*

Fastest Mixed Team: *Canbury Arms*

Best Costumes: *YH Five O* for their *Hawaiian shirts and straw hats*



Many thanks to photographers Jim Findlay and John Kilby



President's Plan 2016/17

President Ramesh introduced us to his plan for the coming year at our Business Meeting on 4th August. For those who were unable to attend the meeting, we are printing the plan below.

As a result of Presidential training by RI, this plan is presented after discussion and agreement at Club Council. The following general areas are from RI and District.

RI theme: Rotary serving humanity

RI Priorities and Goals: support and strengthen clubs; focus and increase humanitarian service; enhance public image and awareness;

RI Core Values of fellowship and global understanding; ethics and integrity; diversity; vocational expertise, service, and leadership.

District Governor goals include: Rotary Day; EPN; District and National Conference; Foundation; Events and Sports.

Kingston upon Thames Rotary Club: Aims, Projects and Procedures

- ◆ Key aim is to fulfil the object of Rotary, as noted in handbook and its 4 objectives - Fellowship and fun; Service for the local community; Service for wider and international community.
- ◆ Each member is asked to devote 100+ hours to Rotary activities: lunches; committees and teams; community activities.
- ◆ Membership fell in 2015/16 by at least 2: need to retain our current membership: recruit 1 new member
- ◆ Undertake four major projects: Dragon Boats, Fireworks, Xmas fund-raising and KidsOut
- ◆ Implement other effective service projects, as agreed at Club Assembly.
- ◆ Nominated charity to support *Fircroft Trust*, 50th anniversary in 2017; motto 'positive action for mind and body'.
- ◆ Presidential team is Ramesh Kapadia, Phillip Holt, John Cannon and Mick Taviner
- ◆ Support from Council members (including Treasurer), and 12 committee chairs and team leaders. The committees and teams are identical to 2015/16, with an additional 'Service Projects Committee', to provide an overview of that area.
- ◆ Interesting lunches and speakers
- ◆ Social and other events

President Ramesh

RotaKids remember their community



*At the King Athelstan School Fair the RotaKids once again put energy, enthusiasm and community spirit into running a stall, this year to support the Kingston Hospital Appeal. Using a memory game and stickers they promoted the cause and attracted all ages to their gazebo, including James Berry MP who took time to find out about RotaKids. The children, once again, were great ambassadors for Rotary and raised over £100. In return they had a warm letter of thanks from the hospital in recognition of the time spent, the work done and the money raised. **John Cannon***



King Athelstan School Leavers also received Usborne Illustrated Dictionaries from President Ramesh when he visited the school at the end of term.

See next page

A Dictionary for Life

For those of us who love literature and appreciate the power of words and the unique flexibility of the English language, few things bring more pleasure than to offer that empowerment to children.

One of the ways Rotary Clubs across the UK may choose to do this is by donating very comprehensive, beautifully illustrated Usborne dictionaries to school libraries or to individual pupils. Kingston Rotary Club offers this annual service to three local primary schools, i.e. St Joseph's, St John's and King Athelstan at their individual special 'Leavers Assemblies' attended by the whole school and parents. The 'leavers' will be going on to many different secondary schools and one of the things they will each take with them is a Rotary dictionary customised with their name and a special message from Kingston Rotary Club. The personalisation of each book is unique to Kingston and requires significant advance preparation but we feel it makes the gift that much more special.

St Joseph's assembly was held on 18th July in their school hall and dictionaries were presented to each child by Vice President Phillip Holt. The theme of the assembly was to have self belief and work hard to achieve something you thought was impossible. It led nicely into Phillip's introduction of himself as "Rotary" and he asked the children if they went to Dragon Boats and Fireworks and hands shot up for both, so he said "that's me -Rotary." Bemused but half believing, it really was a step too far when he got to the Rotree and said he was Father Christmas, that nearly caused a riot with a very small boy still protesting as he was led out of the hall !

St John's and King Athelstan's assemblies were both held on 20th July at 2.00 pm. So ADG Paul Hickson attended the former in St John's Church and President Ramesh attended King Athelstan's in their school hall. When Paul spoke to the children he told them he wanted them to learn a new word every day and the first word was to be *geneology*, which he spelt out. To his embarrassment he realised a little later that he'd misspelt the word and it should have been *genealogy*. However no one seemed to notice (except me) and it didn't stop a significant number of parents coming up to thank us for a gift which they very much appreciated.

Janet supported Ramesh at King Athelstan's assembly as I was attending at St John's. I understand that all went very well and was probably much more circumspect with Ramesh in charge than the other two I attended. It was held in the school hall which was set out with afternoon tea for parents and leavers. All the leavers receive a year book and a T shirt and speak of their most memorable school experiences, Kids Out Day usually being one of the highlights. Although I wasn't there this year I know from past experiences that this is usually a very emotional event for children and staff. Our good wishes go to all these children as they branch out into a much bigger, scarier world and may they use their dictionaries to good effect and learn that 'the word is mightier than the sword.'

Doreen Johnston



Lynda's Icelandic Adventure

Bobby Child and I were in Iceland on a holiday and tried to visit an Iceland Rotary Club...with no success. But we had a Rotarian from Rotary Club of Cleveland UK called Maureen Norrie. So I presented her with a Kingston Banner and sent greetings back to her President and Members. She has since emailed me and said she went to her Club on Tuesday last and presented the banner and the President was delighted. I have to confess Rotary is not well advertised in Iceland...I personally saw no Rotary signs anyway in the 1500 miles we travelled. **Lynda Rowland**

Hollyfield School Work Experience Week 4-8th July

CV Workshop and Mock Interviews

This is the second year that we have helped with this annual event in the school calendar which caters for year 12 (first year Sixth form) students who have for whatever reason been unable to find a week's work experience with a suitable local business. I presented an interactive CV workshop on the Wednesday morning aimed at helping students to create a CV that would attract attention and help get them in interview and to polish whatever they already had or create a new one.

On Thursday morning nine interviewers including Lynne Dean from Surbiton RC, Nigel and Hayley from the Antoinette Hotel various Friends, Marion and I attended the school and interviewed nineteen students for a variety of posts for which they had applied. While some had been prepared the day before, others had returned from a science visit to CERN and the Large Hadron Collider and got back to school that morning and had not known about the interviews beforehand!

Overall the exercise was appreciated by school and students and all the interviewers found it worthwhile. We have been asked to repeat the exercise next academic year in February as part of national careers week and this may well mean interviewing the whole of year 12- some 100-120 students!

The Service Projects Committee

This is a new venture for our Club and it met for the first time on 18th July with President Ramesh explaining that this new Committee needed to work out its own remit. Rotary International (RI) guidance referred to carrying out a needs assessment of the community and of the Club, the planning, carrying out and evaluation of humanitarian work and the need to work with the PR Committee.

Historically most of these responsibilities were the role of Rotary Council. It was intended that this committee report to Council with recommendations (having been able to spend more time on review than was typical for council) and for Council to then make decisions.

It was also the President's aim to enable members, not mobile or fit, to participate better in Club activities.

The new Committee will take reports from the following Teams: Christmas Fundraising, Community and Vocational, Dragon Boats, Kids Out and 100 Club and New Generations but not International or Fireworks both of which will continue to report to Council via International. Ideally a member from each team should represent them if the Team Leader is unable to attend.

For this to be a worthwhile exercise we will need to receive written minutes from the various teams and sensible reports on their projects in good time before meeting on the third Monday of the month (no meeting in August) and then reporting with recommendations to Council to whom all decisions are reserved. The next meeting will be on 19th September at Maple Works at which amongst other things we will be considering the report on this year's event from the Dragon Boats team. Marion Webb has agreed to be Vice Chair and Jeff Horstman to be Secretary.

NB Good ideas for projects will always be welcome from teams or individual Club members and if you want to suggest something please discuss this with me initially. **Jeremy Webb Chairman**

A "thank you." 1st July 2016

Dear John,

It was a delight to be with you and Kingston Rotary Club yesterday, and to be treated so well. What a great atmosphere and a warm, interesting, *interested* bunch of people! I really enjoyed the chance to talk a little more with you, and with Jackie, and also to Jeremy, Ramesh, Trevor and several others. Your exciting speech was a treat to listen to.

Your kindness in giving the Prison Phoenix Trust the generous cheque of £1,500 means a tremendous amount to us, especially as you know how tough prisons can be, and the value of this work. Thank you.

With gratitude **Sam Settle** Director Prison Phoenix Trust



Maize Mill in Malawi Opening Ceremony



This plaque acknowledges our club as the donor

Hi Hilary

The Food Mill was officially opened on 20th July by Stella Kasirye who is with Rotary Bwaila Club in Lilongwe. She was really happy with how it is supporting the community and said that she will pay for the surrounding area to be planted up with trees and flowers, so it looks beautiful and gives extra shade! On the day of opening she paid for the women to have their food milled as a gesture of her good will! She is an amazing lady and we were very blessed to have such a busy lady attend this opening for us.

Heather Palmer
Chief Executive
African Vision Malawi
Creating Lasting Change



Lend With Care

We took a vote at our last Business Meeting on 4th August on who to support next and the following two entrepreneurs were the clear winners. Thank you to Pauline Colley for presenting all the cases to us so clearly.



Sokha Chhom – farming CAMBODIA

£512.79 needed to buy a plot of land

Mrs. Sokha is 39 years and she lives in a place where she can grow rice and cassava. She has been doing this for the last four years. Presently she grows rice on a rice paddy of one hectare and she gets a yield of around two tons which she sells easily. Aside from her rice farming then she has another plot of land of 3 hectares to grow cassava. The cassava cycle is ten months and enables her to harvest 30 tons of cassava root per hectare. There is a big demand for cassava. She also rents another plot of land of five hectares to grow this cassava and the renting cost is around \$100 per hectare. For the last 4 years, Sokha has the advantage of having her own tractor which she uses for all her farming activities reducing the costs. In order to keep growing her business Sokha has applied for a loan to purchase a plot of land of one more hectare to grow cassava. She aims to pay the loan back in 36 months.

Lend With Care continued

Mothers in Christ – poultry farming

ZIMBABWE

£291.79 needed to buy more quails



Annasetta Chigwedere decided to venture into the poultry business when she started living at her son's house in Unit C in Seke where there are a lot of unoccupied rooms which she can make use of.

She is a single sixty-year-old mother of three children. Annasetta is paying fees for her grandchildren hence she had to increase her monthly income. She was facing challenges in her poultry business due to delays in payment and she decided to look for financial leverage and formed a group named Mothers in Christ. She received the first loan in November last year and restocked 100 quails as they were paying very well.

With her second loan Annasetta wants to increase the number of her quails as she now has a contract with a local poultry company for the supply of quail eggs. The Mothers in Christ group loan is for the members to boost its working capital.

Restaurant Evening, Monday 12th September at 7 for 7.15pm

Join us at the **Orpheus Taverna** in Twickenham for some wonderful authentic Greek food! The Taverna claims to have been serving the finest Greek, Mediterranean and English food in Surrey for the last 45 years, all prepared by chef and proprietor, John Elia in traditional surroundings. A warm welcome awaits. We won't be smashing plates, we promise you! Friends and family welcome. £20 per head.

Address: 369 Richmond Road, East Twickenham TW1 2EJ

www.orpheustaverna.com

RSVP by 5th September to Helen Bellias
helenbellias@gmail.com or put your name on the board



Kingston Business Excellence Awards



IN ASSOCIATION WITH
 **NatWest**
Ahead for Business

FINALIST

We are delighted to announce that Kingston Rotary Club has been shortlisted for the Kingston Business Excellence Awards 2016 under the category of 'Best Charity or Social Enterprise'. We are all grateful to IPP John Cannon for submitting such a good Stage 1 application, which has ensured our place in the finals. Our Stage 2 application is now being prepared and then there is an interview in September, so quite a rigorous process altogether! Thank you to all who have helped! The winners will be announced at a dinner at the Holiday Inn on 13th October. Fingers crossed! **Anne**

District Conference

Rotary District 1145 Conference is in Eastbourne from 14th to 16th October 2016.

The Conference plenary sessions will take place in the Congress Centre with a dinner dance in the Floral Hall. Amongst the speakers will be Patricia Parker, CEO of *Kids For Kids*, Maddy Boakes on *Action on Hearing Loss*, Rtn Hugo Pike on *Humanity First UK*, Rtn Maureen Mwangale on *Street Children of Uganda*, Chris Connors on *Coco's Foundation*, the Brighton and Hove Soiree Club on *Project Zanzibar*, Rtn Tom Yendell on his charity *Flat Spaces*, Rtn Gordon Mould, CEO of *Kids Out*, Rtn Susan Rae on *the World's Greatest Meal* and Broadcaster, Nicholas Owen, representing the *Children's Trust*.

Please get in touch with Philip Holt if you wish to attend and haven't already registered.

holt@nlpnow.net



Inner Wheel

Supporting Good Causes



Presidential handover

At our July meeting we were delighted to hand over a very large cheque to a grateful representative from *Momentum* for £1,650; *Momentum* was Janet Hayward's Presidential charity for her year. We now have a new President – Valerie Winsor, and HER charity is INS, Integrated Neurological Services (www.ins.org.uk), based in Twickenham. This gives voluntary service in Richmond & Hounslow, (both Boroughs in our IW District), and seeks to cover the huge gap in Neurological Patient Care after NHS diagnosis. The speaker was Valerie's daughter, Carol, a Physiotherapist and Deputy CEO for the charity, and she was very engaging and informative.

In July we have also enjoyed a wonderful High Tea (including sausages with a superb potato salad – one of her specialities!) in Dorly's lovely garden, and raised money for our Mary Preston Guest next year. And those of us who were there thoroughly enjoyed the musical recital by our two lovely musicians, Anna and Eszther; it was perfect music for a warm summer's evening, and we raised nearly £300 for Global's "Make Some Noise" charity, which makes grants to small charities for sick and disadvantaged children. If you weren't there – you really did miss a treat!

We don't meet in August, but we managed to get together for a girls' night out having Pizza and a lot of chat (so much to catch up on!). And I sincerely hope that Rotarians will support our President's "President's Drive" (not a

Beetle Drive) on Friday the 19th August, 7 p.m. at Malden Wanderers Cricket Club. Please let me, Helen Stickland or Valerie Winsor know if you would like to come. The tickets are only £5 and there will be food, as well as fun and games, and all profit will go to the President's Charity.

Our September meeting will be at my house (again!) – and I promise I will fit in everyone who would like to join us. We do not have a speaker, but will be working very hard filling shoe boxes for the charity *Link to Hope*. We would welcome shoe boxes – naturally – and also items to put in them: we have lists of acceptable items which will be for either "Elderly" or "Family" and include things like personal grooming items, fun stuff – small games, pens & crayons,, school items and personal items such as candles, lavender bags, scarves. Donations of individual items are very welcome from people not able to join us as are donations of cash to help us fill the boxes AND to contribute towards their transport in due course. We plan to have a fish and chip supper, and again, please let me know if you would like to come. This is very much "hands on" and it's always rewarding to be "doing" something and not just putting our hands in our pockets. **Bobby Child**



Above: fundraising for Mary Preston Holidays; below: charity concert





Kingston Riverside

A big thank you and well done

I have had an interesting year as the first President of Kingston Riverside Rotary and would like to personally thank all the members for their support.

Despite being a new and small club, we have managed to raise just over £1,700 for various charities, through fundraising, including rowing in the Great River Race, a coffee morning, the Santa Sleigh collection, and raffling the 'Blanket of Love'.

Our most recent fundraising event, was the selling of strawberries and cherries at the Kingston Dragon Boat event. Just short of £200 was raised for two small charities. *Inspire Sport* which is based in Chessington, for more information visit www.inspire-sport.co.uk, and *Money for Milk*, which was set up by Chris Burchill our Membership Officer and new VP, and his wife Kate. This project helps pay the milk bill for the Baphumele Children's Home in the township of Khaylitsha in South Africa. For more information see www.moneyformilk.co.uk

It was lovely to meet representatives from both charities on the day, who helped us sell out of both strawberries and cherries.

On Saturday the 6th of August the long awaited Wobstacle Party took place at New Malden Leisure Centre. Twenty five children from Kingston Young Carers, spent a fun filled hour bouncing and climbing over a giant inflatable obstacle course placed in the swimming pool. This was followed by fantastic pizza which was ordered from the *Al Forno* restaurant in New Malden, and personally delivered by Antonio the Manager and one of his team. The Pizza

was outstanding and managed to make a lot of children go very quiet. I will certainly be visiting for dinner very soon.

So as a new chapter begins with Sophie Webber as President, and myself as Secretary, I feel confident that our future achievements and membership will grow and grow.

Alison



Selling cherries and strawberries at Dragon Boats; Chris Burchill, membership secretary and Young Carers



LUNCH MEETINGS

DATE	SUBJECT & MENU	SPEAKER	V.O.T.	HOSTS
AUG 18	Watching the Accident Happen: a new novel set near the A3 Turkey breast & pork cassoulet	Emeritus Professor Richard Freeborn	Laurie Chandler	BUZASI, Webber*
25	Fellowship Meeting Chicken & leek fricassee & chilli con carne	The President	—————	JETHWA, Willner*
SEPT 1	Club Business Meeting No speaker Seafood ragout & sausage toad	The President	—————	McCORMACK, Bellias*
8	Induction of the Mayor, Cllr Geoff Austin as an Honorary member Mediterranean chicken stew & stir fried beef	The Mayor	The President	HOLT, Boullin*
15	Me and My Job Lamb tagine & pork loin	John Gower	Jeremy Webb	ROWLAND, Chandler *
22	Special Branch Lamb stew & beef lasagne	Francis & Clare Judge	tbc	BACON, Colley*
29	To be announced Family Evening meeting 6.30 for 7pm Braised chicken & pork & leek sausages	tbc	tbc	KINGHAM (note change,) Frost
OCT 6	Club Business Meeting No speaker Shepherd's pie & beef stir fry	The President	—————	STICKLAND, Gabb

Please note that there are now **TWO** hosts only on duty per week. The person named in CAPS is the 'Cash Host' responsible for the money. The asterisk denotes 'Microphone and greeting Host'. Lunches should be paid for in cash to help reduce the Hotel's bank charges but if you need to pay by cheque it should be made payable to 'The Rotary Club of Kingston upon Thames'. To apologise or book in guests, contact June Kingham on 01372 376665 or junekingam@aol.com by 12 noon on the Wednesday before. **NB Please would hosts be available by 12.30pm or arrange for a deputy. Please would members apologise if unable to attend, otherwise, regrettably, fines may apply to cover costs**

DATES FOR YOUR DIARY		
AUG	19	Inner Wheel President's Drive at Malden Wanderers Cricket Club 7pm
SEPT	12	Restaurant Evening: Orpheus Taverna, Twickenham, 7 for 7.15pm
	23-26	Incoming visit by Bad Bergzabern
OCT	13	Kingston Business Awards Dinner, Holiday Inn
OCT	14-16	District Conference in Eastbourne
NOV	4	Fireworks
DEC	16	Christmas Party, Churchgate House
2017	APRIL 7-9	RIBI Conference MANCHESTER

Happy Birthday

<p>AUG</p> <p>16th Lynda Rowland</p> <p>18th Bob Gascoigne-Pees</p> <p>25th Alan Stevenson</p> <p>29th Dougie Reynolds</p> <p>30th Chris Frost</p> <p>SEPT</p> <p>5th Anne McCormack</p> <p>8th John Twitchett</p> <p>19th Laurie Chandler</p>
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<p>Copy for next issue to Anne by 10 Sept or sooner please</p>
