



SERVICE Above Self

Web Site: www.rotary1250.org.uk

1250 Communiqué

Volume 1, Issue 4 - District 1250 Communications Monthly Newsletter - October 2005
INSIDE ...

Asian Earthquake
 Communications Workshops
 District Diary
 Centenary Quiz result
 RYLA Information


**VIRGIN ATLANTIC TO FUND
 FLIGHT FOR ROTARY AID
 FOR PAKISTAN** 28 October

Rotary Clubs in Great Britain and Ireland have been working around the clock to meet the urgent demands for aid in Pakistan. With the onset of winter the need for shelter for homeless families is acute and Rotary Clubs in Pakistan are desperate for tents, blankets and medical supplies. This operation has been greatly aided by the generous offer of free air transport from Virgin Atlantic Airways who are donating a flight to Rotary next week. The airline is donating the use of a Boeing 747 aircraft, with a cargo capacity of 55 tonnes, which will fly from London Gatwick to Islamabad on Monday evening. The plane will be filled with 600 Rotary Shelterboxes, tents and medical supplies provided by Rotary Clubs throughout Great Britain and Ireland..

 More www.rotary1250.org.uk

The Swales Scriblings

(Thoughts of the month from the District Governor)

Thank you to all who supported the recent Conference in Torquay – if you enjoyed it half as much as I (and Jan) did, then the hard work of the committee was amply rewarded. Many of you have expressed your approval of the speakers, the entertainment and the House of Friendship but, most of all, the fellowship. This is what several of you, who considered yourselves reluctant attendees (doing your duty!) have found to be the memorable aspect of the weekend. With such converts joining the already converted, let's make sure the message goes around the whole district that "Conference" is a misleading term -- if you haven't been to a "Rotary away-weekend"; you are missing one of the best parts of Rotary life.

No sooner had we returned from Torquay than we had news of yet another natural disaster of major proportions. The RIBI International committee have recommended that the best assistance we can give is through the provision of disaster boxes – Shelter, Aqua or Emergency. Stocks of all of these are now exhausted – available boxes were despatched in week commencing 10th October. By the time you read this, I know that many clubs will have reacted by purchasing boxes (especially Shelter Boxes) direct from club funds or as a result of street collections. Yet again, this shows that Rotary cares, and that individual Rotarians really do put Service Above Self.

After a hiccup before the Conference when (due to illness) I had to cancel several club visits, I am now back into visiting mode with a vengeance, and having to watch my waistline carefully! All clubs have been extremely kind in their reception of me and shown that Rotary fellowship is unbeatable. I trust that many of you will attend the meetings arranged during the visit of RIBI President, Mike Webb, to our District on October 31st and November 1st, and demonstrate to him that 1250 is not only friendly but extremely active!

Keep enjoying your Rotary, Ian Swales

Earthquake Disaster

In an urgent response, to help those made homeless by the Pakistan Earthquake Disaster, many of the Rotary Clubs throughout District 1250 have either made collections or have immediately donated funds for complete Shelter Boxes to be sent to the stricken area. The Rotary Shelter boxes contain, amongst other things, a tent for 10 persons + 10 sleeping bags and other life saving items. The advice from RIBI & District was very clear and clubs rose so well to the need and donated one or more Shelter Boxes. Many clubs have also sent messages of support to Rotary Clubs in and near the stricken areas.

DG's & District Diary

(DG club visits in bold)

November

- 1st (Lunch for RIBI President, hosted by **LEWES**
(Dinner for RIBI President, hosted by
FARNHAM WEYSIDE)
- 2nd District Finance committee
- 3rd Visit to **CRANLEIGH**
- 7th Visit to **SEAFORD MARTELLO**
- 9th District Executive Committee
- 10th Visit to **CATERHAM**
- 10th Guest of **ASHTED**
- 11th-13th R.I. Zone Institute
- 14th Ambassadorial Scholars dinner, Slindon G.C.
- 15th Visit to **WEST WORTHING**
- 16th Visit to **LEATHERHEAD**
- 17th DISTRICT COUNCIL, ARDINGLY
- 19th SACCS, Loughborough
- 21st Visit to **ARUNDEL**
- 22nd Visit to **EAST GRINSTEAD**
- 22nd Communications Workshop Brinsbury
- 24th Visit to **HASLEMERE**
- 28th Visit to **LEWES CASTLE**
- 29th Communications Workshop Ardingly
- 30th Visit to **REDHILL, REIGATE & HORLEY BREAKFAST**

Agenda for Communications workshops (may vary)

22nd November – Brimsbury 29th November Ardingly

Coffee and welcome

Realising the Potential – YTD – clubs to briefly run through ideas, projects, success stories to get us all talking

Communications at Club Level – how are messages, papers and emails distributed through the clubs

1250 Editors update – WH to go through, editorial, pictures, format and timing

1250 Communiqué – are we reaching those parts? Is it being read?

1250 Web Site – update and where are we, what is required, what makes it difficult?

Club Bulletins – how do we do it, inserting photos, file sizes, Club Bulletin Competition, making the size manageable?

RIBI Web Site – who is using it, who has presence, are we duplicating?

PR Strategy – How to get noticed, marketing events

Newspapers – getting editors to include your work

Emailing- getting it through, control, viruses, etc

PR Material to hand – what have we got that you might want?

Lewes Carnival...

Lewes Carnival is being resurrected by the Rotary Club of Lewes Castle after nearly 20 years and is being planned for Saturday 17 June 2006. A carnival procession will take place from East Sussex County Hall departing at 2 p.m. and going through the town via the High Street eventually ending up at Malling Fields (at the back of Tesco) where there will be a funfair, stalls and events. All proceeds are going to the Lewes Victoria Hospital. Contact Jerry Noble on jnoble1030@aol.com or tel 01323 842714 for more information.



To place your monthly editorial, report or advertisement call 01243 527739 fax 01243 776062 or email doug-price@btconnect.com by 15th of each month for publication on or about 21st

Rotary Youth Leadership Awards

SUNDAY 9th APRIL TO FRIDAY 14th APRIL 2006

for 15 to 20 years old

at LONDON YOUTH, WOODROW HIGH HOUSE RESIDENTIAL AND ACTIVITY CENTRE, AMERSHAM.

UK Details of the RYLA2006 leadership course have now been sent to all clubs so please find young people to attend. RYLA is one of the most successful Rotary programmes and young people in your area can gain so much by attending. Have a look at the photo library and report on last Easter's International RYLA on our District Web Site, go to 'RYLA' in projects file holder. Contact your local schools, 6th Form colleges and youth organisations to find suitable young people to attend. They are the leaders of the future so help them to achieve this aim by nominating them for RYLA2006 IF YOU WANT TO KNOW MORE PLEASE CONTACT DISTRICT RYLA COORDINATOR ROTARIAN DAVID SPURRELL TEL: 01737 243789 or 07771 767758 EMAIL: davidspurrell@sweethaven.biz

1250 Communications Team Communications is two way!

Simon Crowther District Communications Chair s.crowther@virgin.net	Douglas Price District PRO and 1250 Communiqué Compiler, doug-price@btconnect.com	William Harmsworth District 1250 Editor Editor1250@btinternet.com	Neville Clark District Web Master Neville.clark@hisite.co.uk
---	---	---	---

The next 1250 News will be distributed 17th November at District Council

Next 1250 Communiqué planned to be published around 21st October, copy by 15th October to Doug Price please.

District Web Site

Many of the clubs still had incorrect President and Secretary information on the District Web site when I scanned though last week. I have now updated these to save further embarrassment to our visitors.

Please visit www.rotary1250.org.uk to check out the corrections and the rest of your club data or ask for help from.

Doug Price 01243 776061
Doug-price@btconnect.com

Foundation and International Seminar

Wednesday 26th October 2005.

Very successful evening with 86 attending including IW members.

Interesting and informative programme included Motivation Charity update, Pauline Ridges D25 IW Overseas Chair, Terry Mercy Ships presentation, Foundation and annual giving, Tsunami disaster Presentation, Rotary's Africa Hope update, Disaster responses and GSE Team farewell summary.

Mercy Ship link to web site now on www.rotary1250.org.uk

Are you getting yours?

From the beginning of the next Rotary year commencing July 2006, the Rotary magazine will no longer, for reasons of cost, be deliverable to private home addresses. This means that all clubs, when making their form 6 returns in December 2005, should ensure that a business address, which is open over normal office hours Monday to Friday, is supplied. This address could be the meeting place of your club, if the management are in agreement, or a member's office address. Again, reception staff should be made aware of impending deliveries. If more than one club meets at your venue, we suggest from past experience that this means that its use is not suitable. The Rotary magazine appreciates that this will involve some re-organisation but the number and cost of failed deliveries to private addresses in recent years has made this step inevitable. Please bring this notice to the attention of your club secretary so that we can avoid the situation whereby inertia rules and the old domestic address that you have been using for the past ten years is filled in again.

The next Rotary Magazine deadline is the 28th October.

Conference CENTENARY QUIZ

Winner of the District Conference Centenary Quiz:

Ken Smith – Cranleigh

Well done Ken – difficult and challenging quiz resulted in few entries

Brighton and Hove Soiree:

Impaktaid has been given charge of administering the aid which we have given to the victims of Sri Lanka. Sue Allison is the Chairman of this organisation and will be reporting on how everything is going shortly.

Rotary Club of Godalming

Moved venue from 1st November 2005 to:
 The Red Lion
 Portsmouth Road
 Milford nr Godalming
 Surrey GU8 5HJ
 Telephone: 01483-424342
 Tony Kelly
 Secretary, RC Godalming

Conference Golf report.

A small select band of brave (some might say daft) Rotarians drove through driving rain on the morning of Friday 23rd Sept to reach Churston Golf Club in time for coffee at 9.00am. They found a clubhouse that was barely awake for most of the staff had been on duty until 2.30am attending the club's Autumn Ball! Coffee eventually arrived & this gave the wind & rain a chance to blow through on its way up the English Channel. As the clouds drifted higher the competition started, led by Pam Hewson (Godalming) & Jacqui Austin (Midhurst & Petworth). Jacqui was leading after 17 holes but 3 points on the last hole saw Pam emerge as the winner of the Rose Bowl. Things were just as tight in the men's competition. The eventual winner of the conference trophy was Alan Austin (Midhurst & Petworth) just 2 points ahead of Peter Stemp (Bognor) who was 2nd on count back from John Bumfrey (Chichester Priory) & Robin Macmillan (Midhurst & Petworth).



Rotary Club of Hove

We've Moved to...

The Courtlands
15 - 27 The Drive
Hove BN3 3JE
Tel 01273 731055



With effect from the 1st September 2005 we now meet each Tuesday at this hotel 1300 hrs (fifth Tuesday 1930 hrs)

Rotary Mission Challenge Mercy Ships/District 1250 TEAM

6 – 17 March 2006

District Governor Ian Swales has formally agreed for District 1250 to send a Team of 15 Rotarian/Partners or Friends to be part of the Rotary Mission Challenge in support of Rotary Mission Challenge/Mercy Ship during the period of 6 to 17 March 2006

What will the Team do in Sierra Leone::

The objective is to be part of the 8th Rotary Mission Challenge Team building an 80 bed hospital wing – to support the work of Mercy Ships on land. We are looking for volunteers who wish to actively undertake work on site as part of the "Service above Self" principle of this years Rotary Theme. Volunteers will work along side skilled local craftsmen.

Who can join the Team : Any Rotarian/Partner or a Friend of Rotary .

How to join the Team: Please contact the Team Leader Rotarian David Hodge (01883 347969) or International Chairman Neil Hills (01737 649900). Application form and further details on web site www.rotary1250.org.uk

Communications Workshop Dates

Western Area - Tuesday 22nd November 2005 –
6.30 for 7.00pm – at Brinsbury College

Eastern Area - Tuesday 29th November 2005 –
6.30 for 7.00pm – Lloyds Building, Ardingly

Contact: Simon Crowther or Doug Price

For details

Rotarians, friends, partners invited

Get a new car for your spouse...
it'll be a great trade.



RIBI Conference 2006... *Are you going to Belfast next April?* RIBI President Mike Webb has written to all club presidents inviting them along with members of their clubs and families to attend the national conference in Belfast for the weekend starting **Friday 21 April 2006**.

The conference itself will take place in the new Odyssey centre and at the Waterfront. One of the special guests will be RI President Carl-Wilhelm Stenhammar from Sweden. This will be the first time the national conference has been held in Belfast and Mike Webb hopes that he will get good support from Rotarians throughout RIBI.

The papers sent to club presidents include hotel reservation forms (with comprehensive details of accommodation available), conference programme and administration details, conference registration forms, and flight booking forms for discounted return flights operated by BMI Baby. Flights from Heathrow to Belfast City cost around £65 but the form states that booking forms must be in at RIBI by 28 October. The conference registration fee is £42 if paid by 31 December. Belfast as a city has had its difficult times but I know from my own visits there over the years it is a very interesting place with a charm of its own. The people are fun and visitors will be given a warm welcome. A city well worth visiting, especially with good Rotary fellowship thrown in.

District Governor Ian Swales has asked me to try and co-ordinate things on behalf of District 1250, so if you have made arrangements to go to Belfast already, or are planning or thinking of doing so, I shall be glad to hear from you. I am not sure I have much more information than Mike Webb has provided to all club presidents, but if you think I can help, get in touch. You can email me at yx@onetel.com



Rotary District Jigsaw Challenge

We have a new large 48 piece 1800mm x 1200mm jigsaw puzzle depicting many Rotary Charities we support, which you may use at meetings for promotion and fund raising. It really is a good quality product and many of you had a go at **District Conference** in the **Jigsaw Challenge**.

Frugal Lunch date..

During my visits, I have mentioned that I would like to see all clubs have a frugal lunch within the same week. This is to follow what happened at the RI Assembly in Anaheim on the Centenary Day. It is a simple means of raising money, whilst reminding us of those for whom adequate food is not something to be taken for granted. I propose that this should happen in the week commencing **February 20th 2006**. I will supply more detail soon, including the charity which will benefit from the arrangement. **DG Ian Swales**



Send your Christmas message to other clubs or Rotarians in our December Communiqué. Email message to:
doug-price@btconnect.com

The early bird gets the worm but the **SECOND** mouse gets the cheese.

Membership Services Committee Has your club set your Membership Targets yet and worked out a plan to achieve them? i.e. net increase of one new member per club during the current year.

AMBASSADORIAL SCHOLARS

RECEPTION - MONDAY
14th NOVEMBER 2005, 7.00 for 7.30 pm

Billingshurst Club is hosting the Ambassadorial Scholars reception, as part of normal club meeting, at Slinfold Golf Club, Stane Street, Slinfold. The cost is £10.50 per head. All clubs in District 1250 are invited to join District Governor Ian Swales and the Foundation Team to meet the Ambassadorial Scholars. Please confirm attendance and any special dietary requirements, by sending a cheque for £10.50 per person (payable to Slinfold Golf Club) to: Peter O'Keefe 16 Tilehouse Road, Guildford, Surrey GU4 8AL Tel No.: 01483 572894
peterj.okeefe@btinternet.com

He who laughs last thinks slowest.

How Did You Do Last Year?

Rotarian Judith Diment (R/C of Windsor St. George), the Public Relations Consultant on the RIBI Communications Committee reports: "Rotary's Centennial featured in more than 1500 media (61 in national media, 55 in broadcast media and 1384 in local media) in the last twelve months with hundreds of special supplements appearing in local newspapers in the centenary week. There were more than four hours of broadcast coverage that week including 44 radio and

television stories on BBC and Independent TV, Classic FM and most local radio stations. All Districts and many Clubs were involved and one highlight was on BBC Radio Solent, which interviewed Rick Roberts, a Rotarian from the Number One Club in Chicago, on a live link on the morning of the 23rd. National coverage has included interviews with RIBI President Gordon McNally in the Financial Times, The Times, The Scotsman, Sunday Post, and The Herald as well as fourteen live interviews on radio during the centenary week. Every District and most clubs were successful in placing centennial articles or supplements in their local newspapers with stunning coverage - some achieving twenty four page supplements, for example in East Anglia, Alloa and Portsmouth. The supplements ranged from feature articles and interviews with local Rotarians, to paid-for advertising supplements supported by local businesses. Many featured the centennial logo "Celebrate Rotary" as well as the "This Is Why I Joined Rotary" advertisement. In addition, the Rotary International Global Awareness Campaign featured on the Community TV Channel throughout January and also featured in several local newspapers. Add to this the stunning response from Rotary Clubs to the Tsunami Appeal, which resulted in over 300 Radio and TV news clips and over 700 newspaper cuttings in January alone. There has also been coverage of the preferred projects "Rotary's Africa Hope" and "Community First Responders". Hundreds of Centennial projects have featured in the media from Rotary clocks, a Rotary Way and Rotary Gardens to Roses and fellowship whisky, to name but a few".

COM VOC SNIPPETS

National Talking Newspapers

National Talking Newspapers and Magazines exists to deliver newspapers and magazines in spoken or digital form at a modest subscription. Delivered free to the visually impaired the Talking Newspaper service is available to anyone who has difficulty reading normal print.

As Rotarians all that we are being asked to do is spread the word to those in need who may be unaware of the service. It is not the same as talking books.

For further details please visit www.tnauk.org.uk or telephone 01435 866 102 I will also bring leaflets to the next District Council meeting.

Howard Attree on 01273 583066 E-Mail howardattree@netscape.net for more details.



D1250 International Committee Update

The need for Rotary's help, throughout the world, continues unabated. The seemingly never ending spate of Natural Disasters has stretched Government, Aid Agency and Rotary resources. It also tends to divert our attention from the core third world problems. Having recently given a talk to my local Inner Wheel Club, on Water Aid, it was a stark reminder that 1 Billion people in the world still do not have access to clean water and sanitation!

Rotary, through Shelter Box, Aquabox and Emergency Box has 3 great schemes that can respond to Natural Disasters and I know nearly all Clubs support these schemes in some ways. The key is that if each Club built in support to these schemes on an annual basis then stocks could be maintained ready for use in disasters. The key to all programmes is one of balance and I know we in D1250 do support a wide range of International Projects and long may this continue.

I would encourage Clubs to work together and also share their experiences and expertise. I have to do an annual return to RIBI on D1250 International Activities and unfortunately I only tend to hear from 25% of Clubs in D1250. Without this feedback RIBI cannot tailor the Project Library for Clubs to access in future years. If International Chairs can just keep a log of International activities, as the year goes on, and then simply let me have a short summary at the end of the Rotary Year that would be greatly appreciated.

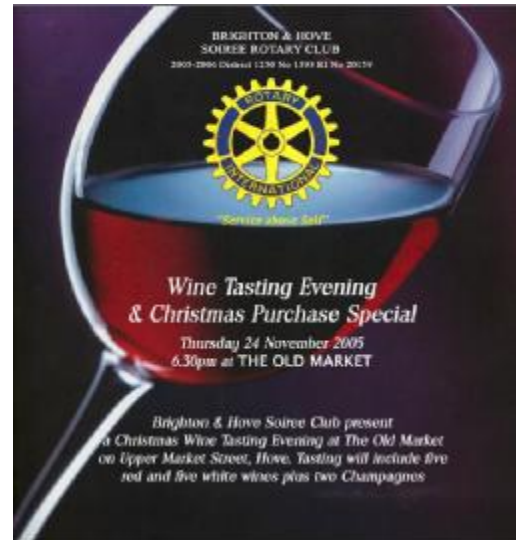
Neil Hills D1250 International Committee Chairman
neil.hills@tiscali.co.uk

The Joe Homan Charity Banners

The Joe Homan Charity provided high quality Banners at a competitive price to Rotary Clubs for many years. The Banners, which are produced by Boys Town Sodety in South India, are screen-printed onto silk, and come complete with backing and a hanging cord.

The profit on the sale of just one Banner pays for the education of an Indian Child for a week - an order for 50 Banners can educate that child for a whole year. We would be pleased to provide a quotation for any club within your District, and further details can be found on our recently updated Website www.ioehoman.org.uk

The Joe Homan Charity, P 0 Box 54, Peterborough, PE4 6JP Peterborough office 01733 574886 for further details



During the evening you will have the chance to order your favorite wines and a selection of spirits, beers, ports & sherrys. All orders will be delivered to your home during the first week of December. Complimentary delivery on orders in excess of £100.

Event open to all Rotary Clubs & Guests
Prior reservations accepted
Admission £5 to the Brighton & Hove Sotree Club

To book, call Barbara Maser at The Old Market on 01273 740294



GODALMING HOSTS VISITORS FROM
OOSTBURG their contact club in the
Netherlands

Four Steps to Accessing Local TV and Radio Time

1. Establish Relationships Identify the local regional television and radio stations that will make the most of your District or Rotary Club and make contact with the station manager or community service manager. Local regional services are more likely to cover

community issues.

2. Work to Requirements Many stations work to a quota of community service announcements, which can be of use to Rotary Clubs and programmes. Seek advice from your station contact as to how best to access some of the quota. Remember, professionally produced footage has a better chance to achieve airtime, as it requires less work by the station. Rotary International has produced a number of videos that your District or Clubs can utilise for local television coverage. Give them an initiative or idea which is unusual and will make attractive news coverage.

3. Communicate Regularly Make regular contact, invite senior management from the station to speak at your District Assembly or other meetings. Offer to support their initiatives such as telethons or community events the station organises. Promote the message that the station's partnership with Rotary embraces their position as "good corporate citizens".

4. Follow Up Always say "thank you" and follow up your early contact.

District Directory updates and revisions now available. Copy by request from ... doug-price@btconnect.com or telephone 01243 527739

Volunteers Needed in Niger

10/9/2005

I am the Water/Hunger/Health Task Force Chair for D9100, a district that covers 14 countries in West Africa including Niger.

Many of you may know that Niger experienced an acute famine, and thousands of children have already died. We need your help in order to assist in doing what we Rotarians can to save as many human lives as possible. Just yesterday, I got another report of a second wave of dying, malnourished babies in the Agadez region of Niger. More than anything right now, we need Rotary volunteers to come to Niger to work. Niger has just been ranked as the world's poorest country by UNDP. The needs are tremendous; the situation is dire. We are in the process of coordinating volunteer requests and solicitations with RI. Our appeal for Niger is being placed on the WCS website. RI has a data base of potential volunteers that they are contacting to fit immediate needs. I thought that some of you may know people who would be interested in immediate Rotary volunteer needs. Here are some of the immediate needs: Surgeons and surgeons assistants, medical doctors and nurses to run and staff a constructed and equipped but staff-less hospital in Loga, Niger (a regional capital); nutritionists to work in UNICEF sponsored feeding camps in all 12 provinces of Niger and to serve in advisory capacities; people with professional experience in vaccination campaigns in order to assist in the management and operations of the enlarged vaccination program in all provinces of Niger. Additional immediate needs include youth group leaders and people with experience in women's development groups for the establishment and promotion of

income generating projects via sustainable food production. All positions are in conjunction with UN agencies that have solicited urgent assistance from the Niger Rotary Crisis Committee. Some positions come with UN logistical support -- usage of project vehicles and office space at the regional UN offices in Niger. All positions come with basic housing provisions based on an agreement between UN agencies and the Niger Rotary Crisis Committee. There are no provisions to pay per diem, travel to Niger, nor other expenses in Niger by the Niger Rotary Crisis Committee nor the UN agencies involved in Niger for Rotary Volunteers. All sources of funding for this must be found outside if required. All volunteers are requested to agree to come for a period of between 3 and 6 months. Level 3 French is preferable as Niger is a French speaking country. Once primary needs are filled, people with experience in administration and pharmacy will be required. With this email, I would like to especially ask the assistance of all fellow members of the Humanitarian Service Resource Fellowship in finding appropriate volunteers for this urgent need. Working conditions are very difficult in Niger. Extreme hardship conditions should be expected by anyone interested. I would prefer that serious inquiries be addressed to me privately at my email address: nicholas_mancus@yahoo.com I thank you for any help that any Rotarian can afford in filling this urgent need. Regards, Nicholas Mancus Chair Water / Health / Hunger Task Force D9100, Zone 10B

Mayonnaise Jar and the 2 Cups of Coffee ...

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed. "Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--God, your family, your children, your health, your friends and your favourite passions--and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else--the small stuff." "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. "Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first--the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Sussex Vale...

Dear President Baker, I have received your e-mail of 17th October, 2005, I cannot find words to adequately express on behalf of all Rotarians of our Club and myself are extremely grateful, thanks and appreciation for your spontaneous response to the disaster and human tragedy that has befallen our country. We are continuously perusing our short term goal of immediate help which is being sent directly to remote areas which are not adequately reached by the government and aid agencies and going to launch our rehabilitation support from next week by collaboration with locals in Mansehra area to establish a battery of camps to accommodate 1000 destitute women and children in each unit. This will also be a model for others to follow and we will repeat this exercise in as many affected areas, depending on local volunteers and financial resources. Thanks to the contribution from your Club and others participating clubs from the UK, you will be pleased to know that our Dist. is receiving 1000 shelter boxes, 200 of which will be used in this above mentioned camps for destitute women and children. Your contributions will go a long way.

God bless you all

Yours in Rotary Muhammad Ovais, President
Rotary Club of Karachi

Lewes Rotarian Raises Money Walking the Boundary of Lewes

Rotarian Ashley Price (RC Lewes) laced up his walking boots on the 1st October with the intent of walking almost the boundary of Lewes (apart from those bits which are across rivers or down cliffs, etc.). "Beating of the Bounds", as it is known in Lewes, is an event organised by the Mayor every four years inviting walkers to help raise money for his or her own organisation as well as that year's Mayor's charity. Well done Ashley.

Charity Golf Day at Lewes

This years Charity Golf Day, organised by the Rotary Club of Lewes. The day was a great success and raised over £4,000 for St Peter and St James Hospice and the RNLI.



A clear conscience is usually the sign of a bad memory.