



Maidenhead Rotaract Club Newswire



PRESIDENTS WELCOME



Welcome to the 9th edition of Maidenhead Rotaract Club's Newswire and the fourth edition of this Rotary Year.

It's been another busy few months with some great events that have seen us take over Slough Grammar School for a pirate disco, travel to the south west to the Rotary District Conference in Torquay and go without all mod-cons for a whole 24 hour period!

We've also continued to receive great press coverage with an amazing 12 articles in both local papers during the last 6 weeks! Most recently I was also interviewed by The Times newspaper in relation to our upcoming CV & Interview Workshop, now it doesn't come much better than that!

It's also that time of year when we start looking towards the future and who in the club is going to take on various roles from July 1st to keep the club going. Being part of the Club Council is a great opportunity to not only run the club but also to learn new skills and challenge yourself. So if you want to help out please do let me know.

There are also loads of great activities coming up in the near future.. It's going to be a busy summer, but I can't wait! Take a look at the back page for the up-coming events!

Happy reading, Lisa

MEMBERS NEWS

We are pleased to welcome 7 new members to the club since our last newsletter was produced. Katie, Alice and Neal were made members back in March and have been making a real difference ever since. Dave, Matt, Tendi and Leo all joined in April and are a delight to have in the club. We all hope you enjoy your time in Maidenhead Rotaract.



We'd also like to congratulate Tania on her recent engagement to Pierre, we all wish them every happiness together.

Finally we wish Ruth and Michael all the best for their wedding on 18th April, we hope they have a very long, happy and fulfilling life together.

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Maidenhead Rotaract Out & About



PANCAKE PARTY

Ruth very kindly organised a great pancake party in aid of full tummy's, Rotaract charities and FUN on February 24th, Shrove Tuesday. We quickly discovered that Ruth was a pancake veteran able to pack away 19, yes 19(!), pancakes in one sitting!

Twelve of us went along to save Ruth from herself and by making small donations we raised £24 for The Alexander Devine Children's Cancer Trust, our charity of the year.

THE BEST PIRATE DISCO IN THE WORLD...EVER!

Another great Langley & Iver Rotaract event attended by about 30 people – Bronwen, Adam & Lisa made up the pirate crew from Maidenhead and certainly looked the part...although Adam's parrot had seen better days!

L&I Rotaract say "a huge thank ye t' salty sea dogs an' saucy wenches who came t' "The Best Pirate Disco in the World...ever!" A bountiful hoard o' £348.25 be raised, goin' t' a worthwhile charity Taplow Traffic Trust."



Eight of us went along to show off our skills on the ice...well we tried to show off anyway!

Some people were better than others, but then some people have regular skating lessons, don't they Ruth! Some people were brave, trying to skate backwards and not doing too badly either! Some of us fell over a couple of times and one member had a somewhat "intimate" experience with a fellow ice-skater who lost her way! But we shall not say anymore about that.

What I really want to know is how come all the small kids can zoom past without a worry in the world when I'm stuck holding onto the side? Perhaps its because they don't have as far to fall and bounce better!!

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Maidenhead Rotaract Out & About



BEETLE DRIVE MANIA

It was a dark, damp night and an intrepid team from Maidenhead Rotaract headed down a small lane in Burnham on the hunt for these beetles that can drive!

Once they got to the venue the discovered that there were in fact no beetles but the idea was we were going to be taking part in a beetle drive game. If you've never played beetle before, then the aim of the game is to be the first player to draw a complete beetle - but the body parts you can draw are determined by the throw of the dice and of course you have to throw a 6 before you can do anything!



It was a very entertaining evening and a very sociable one too as we moved round the tables depending if you were the winner or the loser of the last round! Lisa showed her competitive side by telling everyone how to roll the dice correctly so you can get as many dice rolls in as possible...but it did pay off as she was the winner of the night!

MOONRAKER CHALLENGE



We entered 2 teams into this years Moonraker Challenge organized by Langley & Iver Rotary Club. Moonraker is their signature fundraising activity which raises about £8000 for charitable causes each year. It is a night orienteering exercise with teams of 4 walkers navigating a course of approximately 10 miles over open countryside and woodland.

Our two teams set off at 8.30pm ready to take on their challenge, unfortunately one team didn't know how to use their compass, not realizing they had to open it in order for it to work! So having gotten hopelessly lost they called their friends in the other team to ask for some much needed help!

Eventually they got back on track and made it to the very end, finishing at 2.30am.

They had great fun doing it and have also raised approximately £330. 50% of this will be going to the Rotary Club of Langley & Iver Charities and 50% to Alexander Devine Children's Cancer Trust, our charity of the year.

Maidenhead Rotaract Out & About



ROTARY MEETINGS

Maidenhead Rotary Evening Meeting – 23rd February at Maidenhead Golf Club

Adam & Lisa went along to the event where they enjoyed the new style buffet, the food was up to its usual high quality. After dinner Eddie Clarke, a Rotarian in the club, gave a very good speech about the Quadrilateral Youth Camp that Maidenhead Rotary organised last June. This is a project whereby the 4 Rotary Clubs who form part of the Quadrilateral, France, Germany, Italy and England send 2 children from their local towns on an adventure and personal development week at Lake Bala in Wales.

Rotary Evening Meeting – Monday 23rd March at Maidenhead Golf Club

Another great evening spent with Maidenhead Rotary. The speaker was Jerrold Donington, a psychic and healer, who spoke about his experiences and 'The Evidence for Previous Lives'. It was an interesting talk and a very brave one considering the audience – there were some interesting questions at the end!

Maidenhead Thames Rotary Meeting – Monday 6th April at The Holiday Inn

Lisa and Adam went along to catch up with Maidenhead Thames Rotary Club and to hear the talk from the visiting Group Study Exchange (GSE) Team from Vancouver, Canada. The GSE program is a unique cultural and vocational exchange opportunity for businesspeople and professionals between the ages of 25 and 40 who are in the early stages of their careers. The program provides travel grants for teams to exchange visits in paired areas of different countries. For four weeks, team members experience the host country's culture and institutions, observe how their vocations are practiced abroad, develop personal and professional relationships, and exchange ideas.

It was a lovely evening and good to hear what the team had been up to whilst visiting the UK.

UNUSUAL PLACE TO EAT BREAKFAST



great PR!

So we put our thinking caps on to see what we could come up with for 2009!

After much deliberation we ended up eating our breakfast whilst sitting in a bucket of a JCB digger!

The idea of this event was to raise awareness of the club by doing something a little different. Last year we ate breakfast on a hand-built raft on the River Thames and as a result had great fun but also got some

Katie, Adam and Lisa enjoyed their bacon sandwiches and orange juice in glorious sunshine early on Sunday morning.

Initially they just stood in the bucket but then came up with a way to create a table and chairs to make it a more "comfortable" experience whilst being hoisted up in the air!!



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Maidenhead Rotaract Out & About



TECHNOLOGY FAMINE



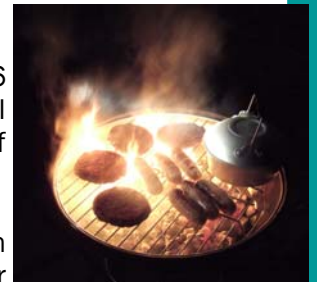
no lights
no gas
no phones
no computers
no digital clocks

That's what members of Maidenhead Rotaract went without for a whole 24 hour period during March.

We stopped using all mod-cons at 10am on Saturday; the fuse box, heating, and lighting were switched off, mobile phones and laptops locked away and the cooker made redundant.

Not to be sat around doing nothing we quickly found other things to do including playing basketball, where the girls showed off their talents to thrash the boys in a very convincing win! As the evening drew closer, candles were lit and we settled into a night of playing various board games by candle light!

Food became an interesting challenge too...how do you prepare dinner for 6 people when you don't have access to a cooker? The answer, use a charcoal BBQ! We even managed to heat some water on the hot coals to make cups of tea!



Adam commended "it certainly highlighted our dependency on modern technology in order to have fun, from watching TV, playing computer games or simply just being able to walk into a room and turn a light on or cook dinner."

"I think if we were made to go without electricity during the day we would all become a lot more active and get out and about" he continued.

So what was the point of this 24 hour black-out? Well, the we did it to, not only raise awareness of our dependency on modern technology, but to also raise valuable funds for the Rotary Polio Challenge, helping to eradicate this disease from our planet.

This sponsored event managed to raise over £670 which will directly support immunisation campaigns in developing countries, where polio continues to infect and paralyze children, robbing them of their futures and compounding the hardships faced by their families.



Lisa commented "As long as polio threatens even one child anywhere in the world, children everywhere remain at risk. The stakes are that high. We're pleased that we are able to help make a difference on a truly global scale."

You can see all the photos and a video from the event at www.rotaract.org.uk/maidenhead

www.rotaract.org.uk/maidenhead

Maidenhead Rotaract Out & About



COMMUNITY NEWS

Windsor and Maidenhead District Sports Associations for the Disabled (WAMDSAD)



WAMDSAD is a private sports club that is a registered charity, serving their membership of around 600 people of whom 190 are physically and sensorially disabled. They are looking for people to volunteer to help out with one of their sports sections on a fairly regular basis.

Their Air Weapons section has been very fortunate to have a fantastic regular, able bodied helper assisting some of their members for the last few years, and who now has to take some time off for family reasons. This will leave the section without their regular helper and so they are now desperately seeking a volunteer(s), who (under supervision and tuition) would be able to help set up the indoor range, helping with loading a couple of members weapons and generally learning to assist where necessary (including making tea!) to enable their disabled members to practice their sports and of course in turn being given the opportunity to learn to shoot both air pistol and air rifle.

Within the air weapons section, who usually comprise between 6 and 12 members shooting, there are some international shots, national paralympic development squad members and 18 year old Georgina Callingham who is GB paralympic development squad with national international, European and world rankings - so you see they have some very elite athletes there as well as some athletes who come to enjoy the sport and socialise.

The air weapons sections meets on a Monday early evening, setting up from around 4.30 running through until around 8ish and again on a Thursday early afternoon from 1 - 3pm.

So if you're interested in helping out on a regular basis with this very friendly, but serious sports section please do contact Jennie Bouron via email at jennie@bouron.org.uk or call the WAMDSAD office on 01628 627690 or via email: info@wamdsad.co.uk (ask for either Jennie or Mike Davis)

Sue Ryder Care

They have recently been told that they have to replace all the beds in the Hospice, these are not ordinary beds so therefore cost rather a lot of money so they really need all the help they can get to not have to jeopardise the level of care provided here at Sue Ryder Care Nettlebed. The cost of one bed is £1275.00. They have 18 beds so have to raise £22,950 - by March! This is on top of the usual fundraising that they have to do. If anyone can help them reach this target then please do let Lisa know.



Maidenhead Waterways Group

We have received a message from Richard Davenport of the Maidenhead Waterways Group "Many thanks for the Rotaract volunteers that made it today, we had a good turnout and together with the regular Scout team cleared a huge amount of debris from the York Stream".

We're going to be helping them with more projects in the summer.

Maidenhead Rotaract Out & About



CV & INTERVIEW SEMINAR



**Are you:
Looking for a job?
Not sure where to start?**



**Do you:
Need help writing your CV?
Want advice about interviews?
Need help targeting your job search?**

Come to our FREE seminar

**25th April 2009
Maidenhead Town Hall @ 10am**

Register your interest at www.rotaract.org.uk/maidenhead
Email: maidenhead@rotaract.org.uk
Call: 07876 341334
or 07971 672790



Organised by The Rotaract Club of Maidenhead
With assistance from The Rotary Clubs of Maidenhead & Maidenhead Thames

Recognising the increasing number of people that are being made redundant throughout the Royal Borough we have teamed up with both our local Rotary Clubs to do our bit to help those trying to get back into the job market.

We are organising a FREE drop-in seminar that will give advice on how to prepare a CV and tips on best interview practice. Teaming up with the Chartered Institute of Personnel and Development, as well as Reed Recruitment, we will provide an informative seminar that will give local people the skills and motivation to apply for those highly sought after jobs.

The seminar will take the form of a 40 minute presentation on topics such as how to market yourself, how to target your job search, how to find the right job as well as how to create a winning CV and perform at interview to ensure you stand out from the crowd. Following this you can mingle with

industry experts to get their personal advice and support.

So if you are looking for a new job, or know someone that might benefit from such a workshop, and need help then you're invited to come along to this FREE one hour seminar where the team will give you the advice you need to get started.

We are running 3 sessions on Saturday 25th April at Maidenhead Town Hall for people who have been made redundant, those who are rejoining the job market and a final session aimed at recent graduates who are struggling in the current conditions. The times of the sessions are:

10am - 11am - redundancy sector
11am - 12pm - rejoining the job market
12pm - 1pm - recent graduates

More information about the seminar can be found at:
www.rotaract.org.uk/maidenhead/InterviewWorkshop.html

If the seminar is successful we are looking at running more in the future and extending the services on offer to include mock-interview practice, how to search for jobs online, CV review sessions etc.

This is a community-focussed project that will truly make a big difference to Maidenhead and the surrounding villages and towns.

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Maidenhead Rotaract Out & About



PIZZA NIGHT



Continuing our Tuesday night is Rotaract Night theme, we decided to go to Pizza Hut on a non-meeting night to sample their delights and try out their new pasta range. 19 of us ended up going including 4 new people, whom it was lovely to meet.

Somehow we managed to put an extra £15 into the pot to pay the bill (far more than was needed) so we all decided to donate this to Alexander Devine Children's Cancer Trust.



DISTRICT BOWLING CHALLENGE



Following on from the bowling challenge that we organized in Maidenhead back in February, High Wycombe Rotaract, returned the challenge to see us all fight again to be the best bowlers in district!

It was attended by 30 Rotaractors from 6 different clubs across the district.

And the results were:

1st Place - Langley & Iver (an average score per game of 97.67)

2nd Place - Wallingford (an average score per game of 97.00)

3rd Place - High Wycombe (an average score per game of 93.94)

4th Place - Maidenhead (an average score per game of 87.05)

5th Place - West Berkshire (an average score per game of 77.17)

6th Place - Caversham & Reading (an average score per game of 76.00)

7th Place - Burnham (an average score per game of 69.50)

And I'd also like to give special mention to these top 5 natural bowlers/secret practicers who have achieved the following INDIVIDUAL game scores.

Adam Hunter, Maidenhead - 162

Tania Lee, Maidenhead - 160

Darren Page, High Wycombe - 154

Andrew Gordon, Wallingford - 140

Andrew Leggett, High Wycombe - 135

We look forward to the next leg of the bowl-off in Reading - date to be confirmed.



Maidenhead Rotaract Out & About



WORLD CULTURE PARTY



To celebrate World Rotaract Week and the internationality of Rotaract we held a World Culture Party and invited other clubs along to join in the fun. Each person chose a country and then brought 'something' to represent that country e.g. music, art work, game, dance, photos; and 'something' for everyone to taste from that country to the event.

The night started with Adam presenting a real haggis to everyone so they could sample this Scottish delight whilst we listened to bagpipe music. He also brought some deep-fried mars bars to the event for those brave enough to try them!

Next Louise, from High Wycombe Rotaract, taught us some Japanese conversation (we weren't very good) followed by Ruth telling us a bit more about Poland and letting us try some rather scrummy polish cheesecake. Just before the break Katie taught us how to count in Italian and made us all play a really good game for learning how to count to 12 in another language.

After the break Alice & Neal did an excellent presentation on Papua New Guinea including photos, hand-drawn pictures and props. They also made some lovely Papua New Guinea Scones and read out a lovely message from the Rotaract Club of Papua New Guinea.

Next up Helen told us more about Holland and let us sample some really nice cheese whilst she read out some messages from the Rotaract Clubs in the Netherlands.

The night ended with Lisa telling us more about Mexico, including the origin of the Pinata whilst we sampled some hot jalapeno and tacos. She also read out some messages from 2 Rotaract Clubs in Mexico. The evening ended with everyone having a go hitting a Pinata, with the winner taking home the goodies inside!

It was a great evening and we raised £45 for ADDCT.



Maidenhead Rotaract Out & About



POTTERY PAINTING



A great way to spend a lazy Sunday morning is to go pottery painting and the new Pottery Pals workshop at the Old Shire Horse Centre on the A4.

The budding artists got to work painting their chosen pottery and spent the next hour and half quietly concentrating on keeping in the lines! Some people had

more talent than others and we're looking forward to seeing the finished articles!

Lunch at the pub afterwards was also very nice.



THE ROSE PUB QUIZ

We decided to take on the challenge of the local pub quiz to see if we got battle our wits against the regular quiz-goers. 7 of us turned up ready to take on the challenge...there were some interesting questions and some that got you scratching your head but against all the odds our team were triumphant and took the trophy, well the bottle of wine anyway!

FILM REVIEW

THE BOAT THAT ROCKED is a comedy, where the romance is between the young people of the 60s, and pop music. It's about a band of DJs that captivate Britain, playing the music that defines a generation and standing up to a government that, incomprehensibly, prefers jazz.

In 1966 the BBC played just 2 hours of rock and roll every week. But pirate radio played rock and pop from the high seas 24 hours a day. And 25 million people - over half the population of Britain - listened to the pirates every single day.

Recently expelled from school, Carl (Tom Sturridge) has been sent by his mother to find some direction in life by visiting his godfather Quentin. However, Quentin is the boss of Radio Rock, a pirate radio station in the middle of the North Sea, populated by an eclectic crew of rock 'n' roll DJs.

The 9 of us that went, all thoroughly enjoyed the film, it's the kind of film where you don't need to use your brain just go along and laugh a minute at the slightly smutty jokes! A much recommended film!



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Maidenhead Rotaract Out & About



DISTRICT CONFERENCE

Lisa, Adam & Christophe attended the Rotary District Conference, along with 10 other Rotaractors from the district, down in Torquay. It was a great weekend spent on the south coast in glorious sunshine. Our first night we enjoyed the nightlife in Torquay and watched Christophe eat 2 main meals by himself, we don't think he'd eaten for a week!



Saturday morning began with a presentation on Rotary Youth Leadership Awards (RYLA) by Robin Kellow. Jane Jones from the John Radcliffe hospital then explained the problems of malaria-induced deafness in children in Tanzania, which actually results from the lack of control of the drugs used to treat the malaria. At the end of her talk, DG Malcolm presented Jane with a Paul Harris Fellowship. Finally the Chief Constable of the Thames Valley Police, Sara Thornton, spoke of the issues of modern policing, from the neighbourhood level where problems such as antisocial behaviour, speeding, parking and environmental issues are address, through to national initiatives to combat terrorism.

After the coffee break, Rotary International President DK Lee's representative, Brian Anderson, addressed the hall. He spoke of the need to change the ways we think and function if we want to engage with the younger potential Rotarians of today. The incoming GSE team from District 5040 (British Columbia) spoke of their visit and what they hoped to achieve, and our outgoing GSE team, including Eleanor from L&I Rotaract and Sally from Wallingford Rotaract, followed on with their plans for their visit to Canada.



The stage was then set to welcome a presentation by Malcolm Wells of Canine Partners, demonstrating how dogs are being trained to perform many useful tasks for people with physical disabilities, including loading and unloading the washing machine! Finally Dr Eric Motley, formerly on the White House staff and now Vice President and Managing Director of the Henry Crown Fellowships programme within the Aspen Institute, gave an inspiring talk on his life, education and his Rotary Ambassadorial Scholarship to St Andrews in Scotland which led him from the backwaters of Alabama to the peak of his career.

In the afternoon we all enjoyed a treasure hunt around the marina in Torquay, taking in some of the local sights and enjoying fish and chips outside in the sunshine. Adam, Christophe and Lisa were the proud winners of the challenge! That evening all the Rotaractors went to enjoy a Tex-Mex all you can eat buffet where Lisa finally got to eat her chimychangers (she'd been on about them all day!).

The next day the final plenary session began with the presentation of awards, including a Paul Harris Fellowship for Valerie Boddington. Jonathon Hoare, our Rotaract District Chairman, introduced a video on the year of Rotaract in the district.

Finally, to send everyone away with a smile, Peter Brown entertained us with his tales from life in the Crown Prosecution Service.

The three club members had a great time and really would recommend conference to the rest of the club and hope they will come along to next years conference in Eastbourne.



Upcoming Events



Below is a list of our upcoming events - if you want to come along to any just let Lisa (07876 341334) or Adam (07971 672790) know by calling/texting or email maidenhead@rotaract.org.uk.

Date	Event	Location
21st April 09	Club Meeting	The Rose PH
25th April 09	CV & Interview Seminar	Town Hall
27th April 09	Maidenhead Rotary Meeting	Golf Club
28th April 09	Charity Pudding Party	Ruth's House
30th April 09	Mark Little - Part Caveman	Wycombe Swan
1st - 4th May 09	Rotaract in GB & I Conference "Lost in Cardiff"	Cardiff
5th May 09	Club Meeting	The Rose PH
8th May 09	Comedy Night	Jongleurs, Reading
12th May 09	Charity Quiz Night	The Rose PH
16th May 09	Adventure Park Trip	Thorpe Park
19th May 09	Speakers Meeting: Private Detective	The Rose PH
26th May 09	Sno-tubing & Fondue Night	Bracknell
31st May 09	Picnic in the Park	Boulters Lock
2nd June 09	GSE Welcome Home Dinner	Holiday Inn
5th June 09	A Taste of Africa	Ayoush Restaurant
6th June 09	ADCCT Street Collection	Waitrose
9th June 09	Social Night	Noodle Nation
10th June 09	District Meeting	The Rose PH
12th June 09	Games Night	Adam & Lisa's House

A complete list of our upcoming events is available on our website www.rotaract.org.uk/maidenhead