

Recently, Terry Waite visited Emmaus village at Carlton, in Bedfordshire, and shared his thoughts in your editor's local magazine.

After his release from captivity, Terry took the advice of his "boss" the Archbishop of Canterbury and the first president of Emmaus, who told him that his experiences fitted him perfectly to work with his organisation which cared for homeless people and prisoners. His plan was to live at Trinity college Cambridge and earn a living writing books and lecturing then his work with Emmaus could be voluntary. The plan worked well; he studied and worked Monday to Friday and went home to London for the weekend. In this way, over time he recovered from his ordeal and came to appreciate the problems faced by the homeless.

There are now 29 Emmaus communities in the UK with another one planned at the Eden Project this year. Emmaus provides homeless people with time to find their feet and opportunities for work which gives them back some of their self respect. All too often prisoners released from gaol go back to their old lives but Emmaus gives them Time - until they are ready and confident enough to return to mainstream living.

A new community is only set up when there are people in place to see it through as trustees and to commit to its future. Those who enter an Emmaus community have to work according to their capacity and work is provided for them.

What Rotary calls "Service", Emmaus calls "solidarity of working to help someone less fortunate than yourself". People take enormous satisfaction in being able to help someone else and often all they need is the opportunity; Emmaus is a place where there are always opportunities to help and support other members.

Although Terry Waite appreciates that modern life makes great demands on people's lives, older people are often in the position of having time to give to helping others. (That's Rotary for you!). He says, "We need a more healthy society rather than one that puts all its eggs into one basket - the creation of wealth. Life is for living ; not just about making money".

His own father became homeless during the Great Depression and to see people who have been homeless get back on their feet is for him very rewarding, "and when I do something for other people, I'm also doing something for myself - giving myself the satisfaction of knowing that I've done something to make the world a little bit of a better place".

WATER AID

Our last Business Meeting the club voted to increase our donation to Water Aid from £500 to £1000. It is one of our President's designated charities for his year in office.

Interestingly, a Water Aid Information sheet was included in this month's Rotary magazine. Did you read it? It headlined the fact that for the first time in history 9 out of 10 people in the world now have clean water. **"This is astonishing progress, but more than 800 children will still die today and every day - because they are forced to drink dirty water"**.

With the gift of clean water a typical girl in sub Saharan Africa will now reach her 5th birthday



and will most likely survive and stay healthy. She will also not have to walk

for miles to collect water. Instead she can hope to study, get an education and earn a living when she grows up and find a way out of poverty. 40 Billion hours are wasted by women and girls in sub-Saharan Africa every year having to collect water.

Rotary supports water projects all over the world and we must continue to do so. Clubs like ours also support education in third world countries. We shall see Samuel through university and there will be hundreds and thousands of other projects, large and small, that will give third-world children opportunities to learn and to do useful, sustaining work.

SICK NOTES

Alan reports that things have been improving for our members who have been unwell. The President, after an uncomfortable few weeks has come out of the shadows and is now feeling much better.

Geoff Dyne is also improving with a change of medication so Mick, David W and Alan will be enjoying a cup of tea with him again in his local cafe in Raunds.

For members who know David Nice of the Rushden Club we have to report the sad news that his wife Janet has suddenly and tragically passed away. The Club sends its condolences to David and the family.

POLIO NEWS

Two female polio vaccinators were shot dead in north-western Pakistan in the latest attack on the global campaign to eradicate the virus.

Unidentified gunmen on motorcycles opened fire at the polio team in the town of Swabi. One woman, identified only as Shakeela, died immediately and another, Ghuncha, died later of her wounds in a Peshawar hospital. The shootings came as Pakistan is trying to redouble.

Please remember these brave women who were doing good, charitable, life-saving work on our behalf.

A WORD FROM OUR D.G. TO OUR GLOBE TROTTERING HOLIDAY MAKERS

The District Governor has a message for you: The official Rotary Club locator app is one of the most useful, especially when travelling overseas, and it's FREE to Rotarians. Rodney and his wife Pam have enjoyed visiting Clubs from Rotary One in Chicago to Detroit Lakes in rural Minnesota, and from Hong Kong to a boat in Sydney Harbour. If you have a smart phone, this app helps you book in advance. You can search for clubs by keyword, country, state or province, District, and even meeting day. Or simply use the "Near me" feature. The app can be downloaded from the Apple App Store for iPhone and iPad, Google Play for Android and App for Windows Phone Store – you will need your MyRotary password, so if you can't remember it or have not registered please see page 5 District Membership handbook – You all have a copy.

The DG has also offered Club Presidents a certificate to present at the end of the year to recognise the member who has undertaken a significant act of kindness. The decision is for the President but please give him recommendations.

And please don't forget Rotary stars and Young Citizen Awards

“In a world where you can be anything, be kind.”

The tragic death of Caroline Flack gives us all an insight to the world of Social Media and reality TV, a world which most of us will know little or nothing about. The world of mental health is becoming better known to us in our club through the work of John Walker as a trustee of the NHFT - the Northamptonshire Health Foundation Trust - and his special interest in mental wellbeing. John gives us regular updates on the work being done and suggests projects to us (like the "Martins" respite Centre in Rushden) that we can support. Mental well-being is also given a high profile these days by the Duke of Cambridge and his wife along with a number of men and women from the worlds of sport and entertainment.

Caroline Flack's motto of "In a world where you can be anything, be kind" is one I'm sure Rotarians readily sign up to. Let us hope that the thoughtless members of the trolling community come to see the sense of it too! Mark Twain added, "Kindness is a language that the deaf can hear and the blind can see".

WELL-BEING AND MENTAL HEALTH

Your editor recently received an email from Rotary Admin. asking for information about the work being done in our club for Well-being and Mental Health. (This analysis is now being asked for officially). Anyway your editor, with nothing more pressing to do began to reflect on just what our club had been doing in this area of Rotary Service and without mentioning any names this is what he found. I hope you are amazed and proud of what your club has achieved.

RUSHDEN CHICHELE ROTARY CLUB MENTAL HEALTH AND WELL BEING CONTRIBUTION IN THE COMMUNITY

The club has supported several local initiatives over recent years most notably Rushden MIND. One or more of our members have had a committed, hands-on interest in Rushden MIND for a decade or more; one member and his wife have been involved in fundraising, office and administration work and the provision of facilities which has committed them to many hours a week and the whole club has supported them year on year with funding raised from our Golf Days, Raffles and Bucket Collections.

Some years ago, having been provided with new furniture and fittings by the club, the Rushden MIND premises were burned down and with funds at crisis point and no premises to go to, it

seemed that Rushden MIND would fold. However, new premises were found - an old warehouse / store area belonging to a departmental store in the town - but it was in a delapidated, run down, dirty and insecure state. Two of our Rotarians with other help set about begging and borrowing materials, fixtures and fittings to enable them to produce a clean, bright building with several rooms for offices, consultations and workshops. It was a remarkable effort appreciated by the town and the organisation and is continually being updated, renewed and expanded. The latest project is an engineering workshop which it is hoped will encourage men and women to socialise while learning to use machinery and tools under expert supervision and which will produce useful objects (a new-design deckchair is proposed) that can be sold to make it a sustainable little business. Our club has pledged to provide funding for materials as and when they are required. Tools have been donated by "Tools For Self Reliance: and individual members.

Rushden MIND is now thriving but always short of funding. Our Club continues to support with hands-on help and fundraising.

One of our members, and one who has worked hard for Rushden MIND is also a very active volunteer and Trustee of NHFT (Northamptonshire Health Foundation Trust). He has a serious interest in the mental health projects initiated in Northamptonshire and has himself initiated projects to support mental health and well-being locally - Eg the MIND engineering workshop. A gardening project at Irchester allotments has also proved positively helpful for men and women with mental health issues. Working with other people while producing useful food has proved a positive way of restoring health and mental wellbeing.

Our club is also involved with the "Martins Crisis House" project; a new project in Rushden for people with overpowering depression and similar conditions. Our members (as with most clubs) are becoming elderly but still wish to contribute to the community so they have agreed to fund and work at this new facility and produce with the physical help of The Prince's Trust volunteers, a garden that will be restful and beautiful for those recovering there.

"Squirrels" is a respite centre for children with mental and physical disabilities in Rushden. It is designed to provide respite care for children and their carers for between two and five days and the club has provided funding for equipment needed to enhance the children's experience there. Very recently the club agreed to fund the siting of a "wheelchair roundabout" at a cost of over £5000. Another of our Rotarians has become involved, on behalf of the Club, with lending help and support to the Rowan Gate Schools in Wellingborough and Rushden. This is a school on two sites for children with mental and physical handicaps of all severities and especially it cares for children on the autism spectrum. Although there is no national or County Council funding for it, the schools also care for pre-school children with these kinds of disabilities.

Parents of all the children attending the school are offered support and training by the staff and the new staff themselves are trained by the school's own staff. Our Rotarian visits the schools regularly both out of personal interest and in order to ascertain the children's needs that the club can help with. While the Club's policy is not to give cash to be put into a "pot" at the school, it is very willing to purchase items of equipment the school needs. So far this Rotary year the club has made two donations of £900 to the school for sensory stimulation and other equipment and in the coming Rotary Year we shall raise funds for it through our FunFest event which usually raises in the region of £2000 - £3000, again to buy equipment that the school cannot afford out of its capitation.

Last year, Rushden Chichele, gave an ECG Heart Monitor costing over £3000 to Kettering General Hospital which will be located in 2 wards that care for elderly patients.

Along with 5 other Rotary Clubs in our area we have run a highly successful Dragon Boats event for the past 7 years with the head-beneficiaries being two local hospices based in Kettering and Corby.

Two of our members are very active supporters of the British Heart Foundation. They have provided practical workshops for our club and other groups on CPR techniques and also play leading roles in running the local BHF Charity Shop.

**THE ROTARY CLUB OF RUSHDEN
CHICHELE**

Meets at KNUSTON HALL, Irchester, NN29 7EU

On Monday Evenings at 7.00 for 7.30pm

Apologies to Barry Nutter (01933 355682)
by 10am of the previous Friday

PRESIDENT: Mick Hill

SECRETARY: Stewart Wiles: (01933 356293)

ROTARY is the World's largest Service Organisation. It is open to men and women from all walks of life and is non-political and non-religious.

ROTARY is committed to being TRUTHFUL and FAIR in its dealings with others. Its efforts aim to be BENEFICIAL to all concerned. ROTARY aims to build GOODWILL and FRIENDSHIP ACROSS THE WORLD.

The ROTARY MOTTO is

SERVICE BEFORE SELF

BIRTHDAYS THIS MONTH

FEBRUARY

23rd Diane Brook

MARCH

11th Miranda Barley

13th Pat Willmott

18th Trevor Newell

19th Karen Abington

Rushden Chichele
Rotary
Club



NB. THIS IS NOT FUNNY

Police aim to get to root of vegetable missiles

Police have stepped up their hunt for a prolific vegetable thrower and warned the “nutcase needs to be caught before there’s a tragedy”.

Devon and Cornwall Police say the leek lobber, armed with vegetables including swedes, mangel wurzels and turnips “the size of footballs”, lurks on a bridge over a main road near Torquay. There have now been at least seventeen incidents since the first attack in November. In the latest incident a swede was thrown at an armed response car on its way to an emergency on Sunday night, causing £500 of damage.

THE LAST WORD

Notice in a French Church...

This notice was found in a French church:

En entrant dans cette église, il est possible que vous entendiez l'appel de Dieu.

Par contre, il n'est pas susceptible de vous contacter par téléphone.

Merci d'avoir éteint votre téléphone.

Si vous souhaitez parler à Dieu, entrez, choisissez un endroit tranquille et parle lui.

Si vous souhaitez le voir, envoyez-lui un SMS en conduisant.

English Translation:

It is possible that on entering this church, you may hear the Call of God. On the other hand, it is not likely that he will contact you by phone. Thank you for turning off your phone.

If you would like to talk to God, come in, choose a quiet place and talk to him. If you would like to see him, send him a text while driving.