



BRUIN

Brecon Rotary Update Information News



President Barry on a day trip to Seville, while on the Bowls visit to Portugal
Photo - Maurice Parry

PRESIDENT'S PIECE

Dear Rotarians All

Before the first minute had gone when I became President, I was told you will enjoy the experience and the time will fly - the time has just flown and it's been wonderful, most of the time.

Last Thursday Pat and I attended the district council meeting where there were twenty four items on the agenda, which only two or three affected Brecon all the rest came from Cardiff Breakfast club.

Only twenty six clubs were represented out of ninety odd and the main items were firstly from the treasurer:-

The RIBI Grant which largely covers Officers traveling expenses etc. was cut by £5000 for the current year and future years as they had overstated the average distances of clubs from the centre of the district - hence our net expenses have increased by the same amount. In short the officers have been over claiming and they have been caught out this year.

Rotarians for 2013/14 are assumed to be 1 less than those declared for Levy purposes as at 1st Jan 2013. The projected increase of £1.50 in the Levy is a 6.4% increase: entirely due to the reduction in RIBI Grant.

Cardiff Breakfast have proposed in the past that all rotary clubs in Wales link together and on the same day as many Rotarians as possible have to walk over their section of allocated Pembroke Coastal Path so sponsorship can be collected for Rotary Foundation Fund. They want this to happen next April 2014. Pat and I believe that the logistics of doing this project will be nearer five years to get it off the ground but it is possible.

After that a lot of certificates were handed out for monies given to charities, mainly the south wales clubs.

Earlier in March Pat and I attended the Mayors Civic Function, I was able to introduce Pat to a number of notable people who run other organisations which will be a help for his next year in office.

Dates for your Diary

Monday 1st April

No meeting

Monday 8th April

Business meeting

Monday 15th April

Talgarth Mill visit

Saturday 20th April

Blood Pressure Day

Monday 22nd April

Dinner - speaker Ella Hogg

Monday 29th April

Breakfast meeting

Thursday 2nd May

Council meeting

Monday 6th May

No meeting

Bottle Rota

Monday 8th April

Ian Richards

Monday 15th April

Ian Roberts

Monday 22nd April

Terry Stephens

Monday 29th April

Mike Stratford

Monday 13th May

Brian Strawford





The non-official meeting nights are reaching new heights ten pin bowling, brewing and as Pat has stated that the next meeting is at Talgarth Mill which has recently been renovated and produces splendid bread.

We only just failed in the Rotary quiz held at The Red Lion but this did not stop our team led by Bob Wood to winning the Soroptimist Quiz Night for the second year running - well done to you all.

Brian Newman seems to be enjoying his trip to St Lucia, he visited the local Rotary club, and photographs can be seen on the St Lucia website. The school he's teaching at is called 'Dunnottar School' and as he is emailing all of us nearly daily, we are getting a good picture of his problems and pleasures.

Lastly the District Conference in Torquay 4th - 6th Oct 2013, if anyone wishes to go I have the details.

Yours in Rotary Fellowship

Barry

Photo for the Month from Maurice Parry



This photo was taken in 2003 showing a replica of the rugby world cup in the museum of rugby memorabilia at Newlands rugby stadium, Cape Town. South Africa had won it in 1995 and went on to win it again in 2007. Newlands is the 3rd oldest stadium in the world with a capacity of only 48,000. During this trip Jan and I visited Table mountain, Cape point, a Safari park and Robben Island where Nelson Mandela spent much of his incarceration.

SPEAKERS CORNER

One of our speakers for the 25th March meeting was David Barwick, a member of Knighton R.C. who is chairman of Herefordshire MS Therapy Centre.

This centre is a self help for Multiple Sclerosis and mainly offers High Dosage Oxygen Therapy to aid MS and other conditions. It consists of breathing medical oxygen via face masks under slight pressure in a purpose-built chamber. It is thought that increased oxygen in the body's tissues stimulates regeneration and besides MS it has been found to be helpful in treating stroke, cancer and breathing disorders.

The centre was established in 1983 and its purpose is to offer support and therapy to people in Herefordshire and surrounding counties. As a charity it relies heavily on the help of volunteers and it also offers complementary therapies such as reflexology, massage, hydrotherm massage and physiotherapy, acupuncture and yoga exercise classes.

It runs a national fund-raising event each year in the Talybont area which involves teams carrying a wheel chair, occupied by someone with MS around a 10km course. Although this is organised by staff of the Royal Navy's leadership training base near Talybont, they have suggested running a refreshment tent which we could possibly either sponsor or run it in conjunction with Crickhowell Rotary Club.

Our members felt that more information was required such as how many people would we be catering for and the sort of equipment we would require. We could then make a decision whether to get involved in this project which is to take place on Saturday June 22nd.

Maurice Parry

SPEAKERS CORNER - CONTINUED

CORD and Rotary service projects.

After the main speaker on Monday 25th March, Brian Wakley, Andrew's son and chief executive of CORD, was given five minutes to bring us up-to-date with CORD's present activities. He spoke to us a couple of years ago about their toilet twinning programme in conjunction with the Tear Fund, which is still going well. On this occasion he described briefly the work that CORD is doing in Chad, Burundi, South Sudan, Cambodia, Laos and Myanmar (Burma).

Working with refugees from Darfur who are likely to be in Chad for the foreseeable future they have set up schools and trained teachers to educate the children; introduced solar cookers to reduce the need for firewood which is in short supply and also required by local Chadians thus reducing friction between locals and refugees. This reduced the risk of violence towards women who were frequently attacked while searching for firewood but also necessitated supplying the locals with solar cookers!

In Burundi there is a spring construction programme to provide clean water to help prevent water borne diseases. Locals are trained to maintain

the springs and promote health hygiene. In addition to these examples there are programmes in the other countries which are all aimed at maintaining peace, resolving conflict, and the development of local economies and communities.

All of this work parallels Rotary service projects which after the primary goal of eradication of polio worldwide include: water and sanitation, basic education and literacy, economic and community development, peace and conflict prevention/resolution. For further information on CORD's work please go to cord.org.uk.

Andrew Wakley

CAPTION COMPETITION NO. 5 LAST MONTHS WINNER ON PAGE 5



Rules:

All you have to do is write a caption to the photograph above (please ensure it is suitable for publication) and either e mail it to captioncompetition@breconrotary.com or give it to the editor before the closing date.

The entries will be judged at the next Council meeting, and the caption thought to be the best (amusing or otherwise) will be announced in the next edition of Bruin. Should a council meeting not be planned for a particular month, the result for that month and the following month will be announced at the same time.

Entry to the competition is limited to Brecon Rotary members, their wives or partners and their children. Only one entry per person will be allowed.

Closing date for Caption Competition No.5 is Tueseday 30th April 2013

WALK IN WALES OR ALMOST IN WALES NO 3 - THE LONG MYND, SHROPSHIRE

A circular walk along The Long Mynd from Church Stretton, Shropshire

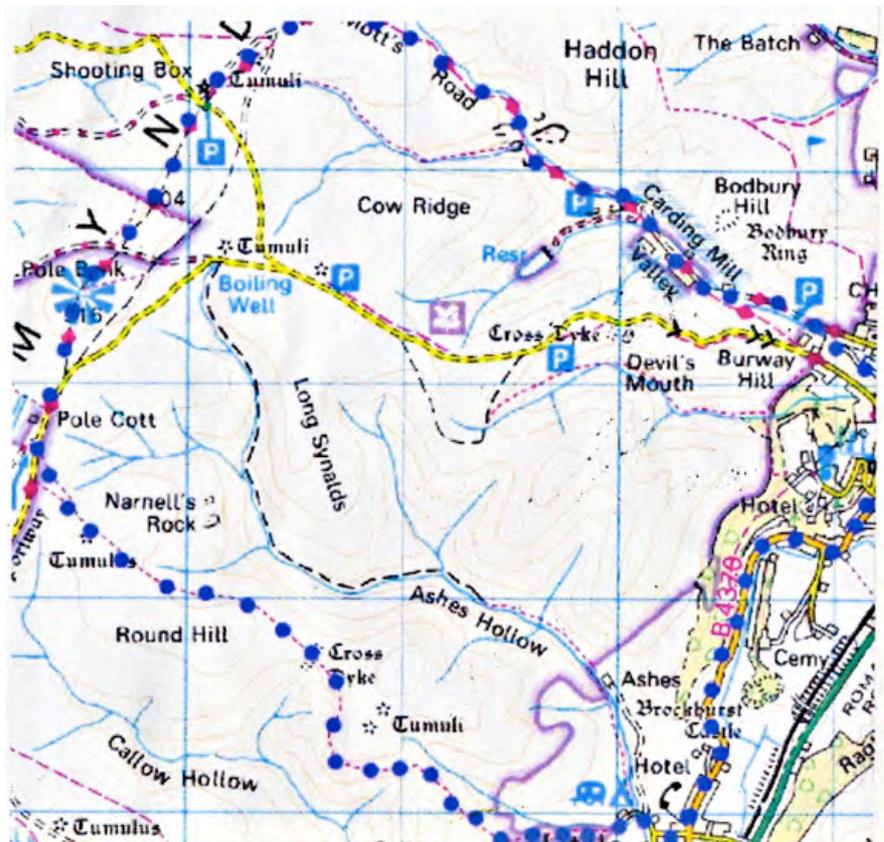
Distance 8 miles

Time 4 hours

Map 'Landranger 137'

This is a circular walk starting and finishing in the pleasant town of Church Stretton.

It starts in the town and climbs up on to the 'Long Mynd' giving fine views towards the Welsh Borders in clear weather. The walk is moderate in difficulty and route finding is fairly straight forward.



Start from the square in the town centre, head north and at the crossroads go left on Burway road, which bears right and climbs steadily uphill. Go across a cattle grid and near the National Trust sign take a track on the right.

Follow the path which runs along a steep sided heather slope, with a stream in the Carding Mill valley below and to the right. The path joins the road in the valley, follow the road past the National Trust visitor centre and café. Now cross a footbridge on the right and turn left along a path which soon re-joins the road which is followed to a car park.

Cross a footbridge on the left and continue along the path with a stream on the right. Where the path divides, take the right hand fork and continue uphill in a pleasant valley. The path levels off to reach open moorland, continue along Motts road until the path joins a track.

Turn left along the track and follow this until a tarmac road is reached. Cross the road and follow a path through heather to reach the trig point of 'Pole Bank', from which good views can be had (subject to weather).

Follow the path from the trig point to a road, turn right and follow this road, beyond pole cottage (actually a tin hut surrounded by a few trees) and take the broad track on the left at the footpath sign for Little Stretton. At a junction in the path take the left hand fork which runs high up on the side of the Ashes Hollow valley. The path widens to a track which is followed down to meet the road

in the village of Little Stretton. The B road can then be followed back to the starting point at Church Stretton.

Brian Newman

**CAPTION COMPETITION NO. 4
WINNER - PETER JENKINS**



"I expect they'll be getting Romanians or Bulgarians to do this beach-cleaning job next year"

In Next Months Issue

Brian Strawford

Photo for the Month

Mike Evans

Eating in the UK in the forties and fifties

Brian Newman

Experiences at Dunnottar School

Thanks to our Contributors

Barry Tomlinson	Presidents update
Maurice Parry	Photo for the month & speaker report
Andrew Wakley	Speaker report
Brian Newman	Walk in Wales No3
Pat Blake	Fun evening report

**"BREWING" IN
LLANGORSE**

Monday 18th March saw 20 Rotarians/Guests spend another excellent social event this time at The Red Lion - Llangors Brewery where we met to see the process of Welsh micro brewing taking place.

Our host Steve gave a short introduction to the basics of a making a "brew" - the production for that night had already started with water being heated to enable this to be passed into the Mashing machine where the main ingredients

of starch, barley etc are converted into sugars and this process takes about one and a half hours.

The temperature is kept at approx 72°C and eventually reduces down to approx 65°C.

Whilst this particular part of the operation was taking place (not a lot to look at!) we moved into the bar area of The Red Lion where a long table had been set for us to enjoy a really delicious cold buffet, a great variety of food was enjoyed (thanks to Katie) and from the chatter taking place all were enjoying yet

another great social get together (we must keep this going- any suggestions for other venues would be appreciated).

We were informed that if we would like to go back into the



Steve during his presentation

brewery we could see the hops being added to the "brew" which is then heated to 80°C. This process takes seconds! to complete opening and adding a sealed bag of hops which have been previous prepared and supplied from a hop fields in Kent- few of us made the journey from the bar to the

micro brewery in time to see this happen, however, we were informed that when we leave for the car park we would smell the hops brewing (a very pleasant odour).

The whole process goes on for several days and usual there are 2/3 brews a week . It was most surprising to see how



A good Buffet on the evening

little space was needed to set up a micro brewery business.

A 12 bottle case of "Red Lion" bitter can be purchased for £20-00.

Our thanks for President Barry in setting up this visit and for all who attended to make this a great evening.

Pat Blake