BRUIN

Brecon Rotary Update Information News

Members of the Bronllys stroke team with Mr. Pat Blake, vice president of Brecon Rotary club. From the left ,Susie Stokes, Claire Watkins, Kath James, Liz Stewart, Ailsa Dunn, Sriyani Liyanage, Sophie Brown and Lesley Sanders.
Photo - Gareth Griffiths

STROKE & BLOOD PRESSURE AWARENESS DAY

Brecon Rotary club asked the Bronllys stroke team to help them to run the annual Stroke and Blood pressure awareness day on April 20th 2013 . A group of doctors, nurses and therapists from Bronllys volunteered again to take blood pressures, talk about stroke prevention and promote healthy life styles. They were joined by the Stroke Association information and support officer Ellen Ryan and Powys consultant therapist Michelle Price. Brecon Rotary club members booked the Guildhall and actively encouraged unsuspecting members of the public to forego shopping for a few minutes and to have a potentially life saving check up. Over 170 people had these checks and about a third were encouraged to see their GP to have repeat testing and possibly to consider treatment.

During the day

Dates for your Diary

Thursday 2nd May
Council Meeting

Monday 6th May
no meeting

Monday 13th May
Business Meeting

Monday 20th May
Petanque evening Fun Night
6:00 for 6:30 pm

Monday 27th May
no meeting

Monday 3rd June
Business Meeting

Wednesday 5th June
Council Meeting

Monday 10th June
Club assembly / AGM

Bottle Rota

Monday 6th May
No meeting

Monday 13th May
Brian Strawford

Monday 20th May
Barry Tomlinson

Monday 27th May
No meeting

Monday 3rd June
Andrew Wakley

Monday 10th June
Robert Wood

The Rotary club are always keen to support the stroke awareness campaign as they know how life changing a stroke can be and how lowering blood pressure can help to prevent stroke. Bronllys hospital staff were pleased to be involved in trying to help to prevent strokes as they see every day the devastation caused by strokes. Dr Ailsa Dunn commented that 'it was a great pleasure to be able to help the Rotary and to raise awareness of stroke. If we have saved even one person from such a life threatening event then all the effort was worthwhile'.

Meanwhile a surprise awaited the Bronllys Stroke team on Monday when they returned to work. The Rotary club decided to donate an electric wheelchair that could be used by patients who are recovering from stroke. Occupational therapist Liz Stewart expressed the delight of the whole team when she said' stroke can rob people of their mobility in a second and it can take months to be able to start walking. An electric wheelchair can give these people some limited freedom again whilst they rehabilitate. This wheelchair will help to improve the quality of life for people on our ward. We are very grateful to the Rotary Club for their generosity.'

The Rotary club were also able to make a donation to the Stroke Association to help with ongoing information and support.

Dr. Ailsa Dunn

Everyone who participated were offered a free cup of tea or coffee and a biscuit by the willing rotarian helpers!

Some of the many Bronllys staff and Rotarians who gave up their time to make the event a success

Many thanks to all the staff at Bronllys Hospital and Rotarians that attended during the day.
For more information on strokes visit www.stroke.org.uk/kybp

Photo for the Month
from Brian Strawford

July 31st 1989, having bought the aircraft that day, I was pleased to be back in Shorden Air Field, near Leominster in one piece under a lowering cloud base, having departed from North Weald, Essex.
I still have the aircraft and have flown it for almost 1000 hours over the UK and Europe.

EATING IN THE UK IN THE FORTIES AND FIFTIES

Pasta had not been invented.

Curry was an unknown entity.

Olive oil was kept, in the medicine cabinet.

Spices came from the Middle East where we believed that they were used for embalming.

Herbs were used to make rather dodgy medicine.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Bananas and oranges only appeared at Christmas time.

The only vegetables known to us were spuds, peas, carrots and cabbage, anything else was regarded as being a bit suspicious.

All crisps were plain; the only choice we had was whether to put the salt on or not.

Condiments consisted of salt, pepper, vinegar and brown sauce if we were lucky.

Soft drinks were called pop.

Coke was something that we mixed with coal to make it last longer. (In Scotland it was called "dross"!)

A Chinese chippy was a foreign carpenter.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining. `

A microwave was something out of a science fiction movie.

Brown bread was something only poor people ate.

Oil was for lubricating your bike not for cooking, fat was for cooking .

Bread and jam was a treat.

Tea was made in a teapot using tea leaves, not bags.

The tea cosy was the forerunner of all the energy saving devices that we hear so much about today.

Tea had only one colour, black. Green tea was not British.

Coffee was only drunk when we had no tea ..... and then it was Camp, and came in a bottle.

Cubed sugar was regarded as posh.

Figs and dates appeared every Christmas, but you never ate them.

Coconuts only appeared when the fair came to town.

Salad cream was a dressing for salads, mayonnaise did not exist

Hors d'oeuvre was a spelling mistake.

Soup was a main meal.

The menu consisted of what we were given, and was set in stone.

Only Heinz made beans, there were no others.

Leftovers went in the dog, never in the bin.

Special food for dogs and cats was unheard of.

Sauce was either brown or red.

Fish was only eaten on Fridays.

Fish and chips was always wrapped in old newspapers, and definitely tasted better that way.

Frozen food was called ice cream and only came in one flavour, vanilla.

Nothing ever went off in the fridge because we never had one.

None of us had ever heard of yoghurt.

Jelly and blancmange was strictly party food.

Healthy food had to have the ability to stick to your ribs.

Indian restaurants were only found in India.
Cheese only came in a hard lump.

A bun was a small cake that your Mum made in the oven.

Eating out was called a picnic.

Cooking outside was called camping.

Eggs only came fried or boiled.

Hot cross buns were only eaten at Easter time.

Pancakes were only eaten on Shrove Tuesday and on that day it was compulsory.

Cornflakes had just arrived from America but it was obvious that they would never catch on.

We bought milk and cream at the same time in the same bottle.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were purely medicinal.

Surprisingly muesli was readily available in those days, it was called cattle feed.

Turkeys were definitely seasonal.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

We didn't eat Croissants in those days because we couldn't pronounce them, we couldn't spell them and we didn't. know what they were.

Garlic was used to ward off vampires, but never used to flavour bread.

Water came out of the tap, if someone had suggested bottling it and charging treble for it they would have become a laughing stock.

Food hygiene was only about washing your hands before meals.

Campylobacter, Salmonella, E.coli, Listeria, and Botulism were all called "food poisoning."

However, the one thing that we never ever had on our table in the fifties .... ELBOWS!!

Mike Evans

TALGARTH MILL VISIT

Twenty members and guests visited Talgarth Mill on 15th April our allocated fun night for this month.
We were shown round the mill in small groups by two of the mill volunteers.
The restored 18th century flour mill powered by the flow of the river Ellywe offers an insight into the history of milling and its part in the community.

One of the volunteers showing us round

A very attentive group

After the visit we adjourned to the Tower Hotel for the meal, which concluded another interesting and informative social evening.

More information on Talgarth mill can be found at http://www.talgarthmill.com

Photos; Pat Blake

SPEAKERS CORNER

Ella Hogg, a local Brecon high school girl, now studying in Bristol gave a talk to the club recently about her future trip later this year to Africa. www.eastafricanplaygrounds.org

She plans to work for an organisation called East Africa Playgrounds which aims to change the lives of children across East Africa by developing school environments through sports and play facilities.

They are a UK registered charity working alongside local communities to build stimulating and exciting playgrounds, run arts and games programs as well as developing long term employment and training opportunities for young people.

She is planning to take part in one of three projects this summer running from 17th August - 15th September. The main beneficiaries of the project, Ella explained would be the children and teaching staff in Uganda who will benefit directly from the equipment and facilities provided by the charity. Also, the local community will benefit as the majority of the materials are sourced locally and our focus is on employing East Africans not UK members of staff. Through working with the children in Uganda she also hope to facilitate an understanding of problem solving and creativity amongst them- this she feels will be extremely important in their adult lives when facing conflicts and difficult issues. Providing the children with these skills early on means they can apply them, hopefully to adult situations later on in life.

Ella has already organised a number of events to help towards the cost of the trip, a cake stall at Brecon High School, following a presentation in the morning assembly, curry nights amongst her student friends in Bristol and an evening meal at her family home in Brecon for twenty or so friends of the family. (The food was excellent!) and various other creative fundraising events.

Ella has asked if Brecon Rotary Club would be able to assist her in any way with funding the project. The total cost of the trip will be around £1500. She would be really grateful for any help and would be willing to present a more detailed explanation of what happened on her trip upon her return.

Mike Stratford

CAPTION COMPETITION NO. 6

Photo courtesy of Pat Blake

Rules:

All you have to do is write a caption to the photograph on the left 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.6 is Wednesday 29th May 2013

CAPTION COMPETITION NO. 5 WINNER MIKE STRATFORD

Mike. "If she asks me another stupid question about rotary then I am going to throw the pint at her."

WINNERS LEAGUE - SO FAR

To date the winners league looks like this:

Peter Jenkins	2
Brian Newman	1
Alison Stratford	1
Mike Stratford	1

You never know there may be a prize for the Champion at the end of the year!

If anyone has a photo they think needs a caption, please send it to Ed so it can be included in a future issue.

BRIAN NEWMAN ON ST. LUCIA

Following the Month in residence at Dunnottar School, St Lucia; Brian has produced two articles , one on Dunnottar School and Vocational Centre and A history of St Lucia. He had already sent a weekly diary, which he refers to as his blog, to all members in the club, so unless Ed is short of news it will not appear in Bruin. It is planned for him to give a short slide show at a meeting in May.

Brian exchanging banners with President of St. Lucia club

Dunnottar School and Vocational Centre.

Dunnottar School was established in 1973 with 20 students and located in "The George The 5th. Park". It was later moved to its current location at La Pansee, Castries, in September 1975. In 1981 it opened the vocational workshop, followed by the child development & guidance centre in 2005.

It now has 80 students, of which approximately 60 are in the age group 5 to 16 and the remainder in the vocational workshop and in the age group 17 to 25. For the children, the school curriculum encompasses training in speech and language, self-help skills and socialisation. Pro-vocational skills focus on the creative and performing arts, physical education and sporting activities. For the older students, training is provided for life skills and vocational work in the fields of agriculture, horticulture, cooking, crafts and other specific jobs. This hopefully, may find them some form of employment, but opportunities are scarce.

Dunnottar School now provides education and training to children and young adults with moderate to severe development disabilities, including Down's syndrome, cerebral palsy, autism and mental retardation. There are currently 19 teachers, 4 teacher's assistants, part time music teacher, Head teacher and her assistant. Only 2 of the teachers have formal training in special needs education.

Attendance at the school varies from day to day, as there are many problems in the children being able to get to school. For most children, their home life is not secure and moist come from families with little or no money. Some homes would not have electricity or running water provided, nor have the money for health care should the child become ill. The school ensures that every child has a cooked meal at lunch time every school day, as they may not get one when they return home after school. To enable the school to pay for this, they try to get each child in school sponsored by donations of £50 sterling, so that it would be self-financing.

In the past the St. Lucian government only paid for 3 teachers, but this has been increased over the past year and most teachers' salaries are government paid. In addition, the government gives the school each year a lump sum of approximately 30,000 EC dollars (£7,500 sterling) and from this the Head teacher has to pay the salary of some of the full time teachers, the part time teachers and all running costs. Consequently, the school has to rely heavily on donations and the Head teacher is constantly applying to various international companies and charities for donations of capital equipment (i.e. Computers, playground equipment etc.). In addition, Saga Voluntary Trust also supports the school (plus another 4 schools in other parts of the world) and they look for cash donations from their clients.

St. Lucia and its history.

Situated on the southern end of the Lesser Antilles chain and 1,300 miles from Florida, covers 238 square miles and second largest of Windward Islands. Population of approximately 170,000 with 90% of African descent.

First populated by the Ciboneys who were hunter/gatherers, who disappeared leaving little trace of their presence. The Arawaks, adept potters, weavers, builders, agriculturalists and ship builders followed them. Records suggest that they enjoyed nearly 800 years of peace before a new warrior group, the Kalinago, conquered them. They became the supreme rulers of the Windward Islands. However, with the arrival of the first European ships, the development of the Caribbean changed radically. It is thought that the Spanish gave the

island their modern name ("Santa Alousie") in the 16th. Century, however they gave the island a wide berth, as they did not want to tangle with the Kalinago and neither did the island have gold deposits.

The first European to settle in St. Lucia was Francois Le Clerc, known as Jambe de Bois or wooden leg. He was a pirate who set himself up on Pigeon Island, from where he attacked passing Spanish vessels. The English first landed in 1605, having been blown off course on their way to Guyana, aboard their vessel, the Olive Branch. 67 settlers landed and purchased huts from the Kalinago. One month later only 19 were left and these were forced to flee from the Kalinago in a canoe. The French arrived in 1651, when representatives of the French West India Company purchased the island from the French monarchy. 8 years later, ownership disputes between the French and English ignited hostilities that would endure for 150 years. During this time, the island changed hands 14 times.

From the late 18th. Century, St Lucia attempted to develop a sugar producing economy, using African slave labour. However, the endless battles between the French and British for control of St.Lucia impeded agricultural development. St. Lucia's central location in the Antillean chain was of strategic importance to the British and French. In 1793, the French revolutionary cry of 'Liberte, Egalite, Fraternite' reached St. Lucia. Under revolutionary law, slavery was abolished and the political equality of the coloured man was officially recognised. Freed slaves proceeded to wipe out the plantation infrastructure. Resistance against British attempts to re-take the island was orchestrated by the Maroons (renegade ex-slaves who lived in secret hideouts in inaccessible parts of the island). The Maroons joined forces with the French revolutionary army to form L'Armee Francaise des Bois.

The revolutionaries held St. Lucia for 15 months against the British, with the Maroons surrendering their arms in 1797, but refusing to submit to British enslavement. These men were repatriated to Africa and St. Lucia finally ceded to the British in 1814 and slavery was abolished for good in 1834. Many former slaves were unwilling to stay on as labourers on the plantations and the British sought alternative man power. In 1882, the first Indian immigrants arrived from the provinces of Uttar Pradesh and Bihar. About half of them returned home at the end of their indenture while the others settled permanentlyin St. Lucia, enriching the island's cultural diversity.

St. Lucia's economic base has traditionally been agriculture. Sugar, the first mono-crop, was eventually abandoned in the 1950s , when bananas became the largest export crop. However the privileged access enjoyed by the West Indian banana to European market has ended (although there has been some renewed activity by Fair Trade). 40% of all fruit grown is exported to U. K.

Tourism (12% of country's GDP) is now the most important source of foreign exchange. It also provides much needed jobs for the local people, as they have in excess of 1 million tourists every year (700,000 of which come off the 300+ cruise ships which come in every year)

In 1842, English became the island's official language, but St. Lucia still retains a strong French heritage. The majority of the island's village and town names are French and the Creole language born of St. Lucia's Amerindian, African and European roots is widely spoken.

View from bedroom window

St. Lucia moved towards independence in 1951 when suffrage was granted to all citizens over 21. In 1967, the British Government granted the island full self-government and on 22nd. February 1979, St. Lucia a member of the British Commonwealth, became an independent nation. The Island retains the Westminster based parliamentary system, but a Senate made up of government and opposition appointees debates house bills.

Brian Newman

Morlais Owens
3.9.1931 - 19.3.2013

Morlais arrived in Brecon in the spring of 1974 with Marion, Ellis and Katrine. He came to take up his post of Assistant Director of Scientific Services with the Welsh National Water Development Authority, affectionately known as WNWDA. They had no offices to begin with so we all camped out in the Barracks in Brecon until temporary offices could be built. He stayed with Welsh Water until his retirement as Director of Scientific Services. The family lived in rented accommodation until their bungalow was built in Beech Grove in late 1979 and they have lived there ever since. Morlais and Marion had their 53rd wedding anniversary last year. Ellis is an industrial chemist based in Denver and Katrine is a librarian in the Houses of Parliament in London

He joined Rotary in 1978 and was President in 1991 He was known for being very conscientious, and as a practical joker. He made some very firm friendships amongst fellow Rotarians. Morlais will be sadly missed.

In Next Months Issue

Hywel Davies
Photo for the Month

Barry Tomlinson
Petanque Evening

The Editor
A small piece of history

Plus not much else!

Thanks to our Contributors

Ailsa Dunn

For Stroke awareness report

Brian Strawford

For Photo for the Month

Mike Evans

For Food in the forties & fifties

Pat Blake

For Talgarth visit report

Mike Stratford

For Speaker Report

Brian Newman

For St. Lucia Report

Geoff Wooltorton & Peter Jenkins

For obituary