



## Brecon Rotary Update Information News

2011-2012 President DEREK ADAMS Vice President BARRY TOMLINSON

### Presidents Corner

What a month, not sure if I can stand the pace. We've had 2 Committee member changes already. With the resignation of Pat Butler, Barry Tomlinson has stepped up to Senior Vice, which left his position as Chair of Membership vacant. Enter Peter Jenkins, who had already introduced Mike Evans to the fold. Thank you both for stepping in. We then had the highly successful Treasure Hunt, with 32 club members, friends and family attending, well done to all who participated, and Peter who organised the evening. I promise to do better next time.

The District Governors visit will be one he will never forget. First he heard about the Cuckoos we sponsored, and secondly he joined in with us in a rousing rendition of 'Consider Yourself' from the musical Oliver. I've had it on good authority that next time he visits he would like something from 'We Will Rock You'.

On a sad note, I attended the Thanks Giving Service for Cllr Mike Foster, the Mayor of Brecon, who died suddenly on Monday 25 July 11. Having only met him twice, at my Installation and his Civic Ceremony, he came across as a really down to earth man, who put service before self. RIP Mike.

### **NEW JUNIOR VICE PRESIDENT**

Welcome and thanks to Pat Blake who has agreed to take on the role of Junior Vice which became vacant when Barry suddenly became Senior Vice. Good Luck to both of you!

### **CASTLE HOTEL WALK**

Thanks to Brian Newman for organising a one hour walk from and to the Castle and on the way visiting parts of Brecon some Rotarians and/or wives had never seen or walked before!! This took place on Monday 15th August and was one of President Derek's non-meeting meetings. Refreshments were taken on our return and all agreed it was a great success. There were 16 walkers and 4 non-walkers. These meetings are developing into most enjoyable social occasions. Don't miss the next one!

### **ST NEOT'S ROTARY CLUB**

We welcome six members of St Neot's on this return visit. They will join us for a walk in the afternoon on Monday 19th September followed by dinner in the George. On the Tuesday morning there will be golf at Cradoc at 10 a.m. followed by lunch in the clubhouse after which they depart.

### **YOUTH PRESENTATION OPEN EVENING**

In the back room of the George on Monday 10th October Please support this open evening. There will be presentations by RYLA attendees and other young people who have received our support.

### **BOTTLE ROTA**

- 5/9 Anthony Edwards
- 12/9 Gareth Griffiths
- 19/9 Howard Hoare
- 26/9 John Hopkins
- 3/10 Peter Jenkins
- 10/10 Gerald Jones

### **SEPTEMBER DATES**

- 5/9 Business meeting
- 12/9 Dinner
- 19/9 Dinner St Neot's visit
- 26/9 Dinner. Speaker Laura Gillow

### **OCTOBER GOLF at Cradoc**

Monday 3rd. Match v Crickhowell  
Meet at 1300 Tee off at 1330  
Please tell Brian Strawford if you wish to play. Three course dinner for £11 at 7 p.m. in the clubhouse. 25 needed!! Please sign up!!

### **ADVANCE NOTICE!!!**

Bag packing in the Co-op from 10 am to 6 pm on Friday 18 November  
In aid of CHILDREN in NEED  
VOLUNTEERS NEEDED!!

**Members' Forum No. 1**

**A Day in the Life!**

**Bob Wood**

I was posted to the Palace of Westminster in September 1995, initially as Deputy and then in 1997 as Head of the Unit. It was a large unit with 150 police officers and 250 civilian security guards, all with the purpose of protecting the almost 10,000 people who worked or passed through the Parliamentary Estate on a daily basis. As I had CID experience, I was put in charge of a small unit of plain clothed officers: one of their functions was to oversee the screening of all mail which came into Parliament.

In late April 1996 screening picked up a razor blade in a letter addressed to Sir David Steel, MP. It was sent for forensic examination - fingerprints and possible contaminants. Shortly afterwards I received a telephone call from Nigel Nelson, political editor of a Sunday newspaper, asking me to comment on the find - which he was obviously aware of. I declined, but emphasised that publication of the find would compromise security and probably lead to copycat incidents. The Sunday newspaper duly published details of the incident on 29th April 1996 and I subsequently received a letter from Sir David Steel expressing his surprise at the article: I explained that I had asked for details not to be published. (I still have David Steel's letter). Enter the Speaker, Betty Boothroyd (an excellent lady in my opinion) who summoned me to her office "for tea and a chat" and on 9th May 1996 she banned the reporter from Parliament for 20 days - the first time this had ever

**FIRST EMERGENCY RESPONDERS**

On Monday 22nd August Steve Roberts (Bridgend) and Mark Rutherford (Sennybridge) dined with us. Steve spoke most informatively about the work done by Community Response in West & Central Wales. This covers 53% of Wales. Many organisations are involved: Coastguards, British Heart Foundation, Red Cross, Welsh Assembly, St John's Ambulance, Police and Fire Service among others. We heard that:

There are over five thousand emergency calls per month.

Seven people per hour die in a pre-hospital environment when the survival rate is only 3-5%.

There is a 90% survival rate if a defibrillator is used within one minute.

After 4 minutes there is some permanent brain damage and after 8 minutes the brain is dead.

Co-responders are RNLI, Fire Brigade, Police etc. Public access defibrillation is available.

Drive zones for teams are maximum 6 minutes and in some areas are only 1.5-2 minutes.

To become a responder you must be over 18, in good health, undergo CRB and occupational health checks, be able to drive a car, fill in the application form and pass the course. The full course takes 36 hours, the co-responder course 16 hours and the Public Access Defibrillator (PAD) course 4 hours.

The course covers defibrillation, airway management, suction, bag valve machine, oxygen therapy, first aid.

There are 300 types of emergency calls: breathing problems, chest pains, falls, cardiac arrests etc.

The cost of a defibrillator is £900 no VAT. A bag costs £110 + VAT. A set of pads (single use) costs £20.

There is a 7 year warranty on a defibrillator and 4 year warranty on batteries.