

**Important Dates for your diary: (Please check for changed dates)**

**The RI Convention** was in New Orleans Louisiana, USA, 21-25 May

Wed. 8<sup>th</sup> June. KidsOut Day

Tues 7<sup>th</sup> June Sports Dinner Sunday

Monday 13<sup>th</sup> June. **Paul Harris Dinner** at the Imperial Hotel, London. Southgate is making up a table.

3<sup>rd</sup> July District handover at Chigwell Golf Club

7<sup>th</sup> July District Council

Homebound Outing. Thurs. 7<sup>th</sup> July to The Woodman Inn, 21 Warrengate Road, North Mymms, AL9 7TT

13<sup>th</sup> & 14<sup>th</sup> July Reception for incoming presidents (by area but flexible)



Don't forget to bring in your empty printer cartridges, old spectacles, mobile phones & stamps to raise funds. Eric will kindly store items



**News Bulletin**  
The Rotary Club of Southgate  
June 2011  
President Peter Fisk  
Building Communities, Bridging Continents  
**Programme June & July 2011**



**Each member of a Rotary club makes a difference.  
Together, Rotarians make change.**

### June

Mon 6<sup>th</sup> June

Speaker/Fellowship

Wed 8<sup>th</sup> June

KidsOut Day to Paradise Park

Mon 13<sup>th</sup> June

**Club Assembly.** Reports and plans for the coming year.

Thurs 16<sup>th</sup> June

Club Council

Mon 20<sup>th</sup> June

A Speaker –Kim Ostrum

Mon 27<sup>th</sup> June

Business and handover meeting

### July

*Reach Within to Embrace Humanity,*

### Literacy

Mon 4<sup>th</sup> July

President Peter in the chair—Inaugural address.

Thurs. 7<sup>th</sup> July

District Council

Mon 11<sup>th</sup> July

TBA

Receptions for Club President's 2011-2012:

7<sup>th</sup> July.

Outing for the Homebound, to the Woodman Inn

Mon 18<sup>th</sup> July

TBA

Mon 25<sup>th</sup> July

**Visit by District Governor Trevor Johnson**

Please remember that drinks before lunch must be purchased in main bar.

**NB Please give apologies to the attendance Officer, Ali Ibrahim, 07831345700 if you cannot attend and need to cancel your meal.**



**May**

Mon 2<sup>nd</sup> May Bank Holiday – No meeting

**The District Assembly** was held at the City of London Boy's School on Saturday 7<sup>th</sup> May. Those attending from our Club; President Peter, President Elect. Alok, Chris, Eric and Ali. They all arrived in time for breakfast with the first plenary session at 10am. Peter & Alok attended their training sessions, Eric to Treasurers, Chris to International and Ali to Community. Chris and Ali reversed roles in the afternoon. DG nominee Trevor Johnson explained the RI theme "reach within to embrace humanity". We were encouraged to attend the magical District Conference in October. Chris and Ali received a great deal of information about International and Community service, which will be presented at the Club Assembly on 13<sup>th</sup> June by Barbara and Jeremy.

**Mon 9<sup>th</sup> May** Peter introduced our speaker Jo Cahill, Service Manager of Enfield Haringay & Barnet Office and her colleague Laura Newey. Who spoke about "Leading the fight against dementia". Jo said that dementia was one of the prices we had to pay for an aging and physically healthier population. Dementia is one of a group of diseases and Alzheimer's is one of them. The causes are not known but a healthy lifestyle and diet may help. It is important to keep socially active and keeping an active mind eg by doing puzzles can also be helpful. Over-indulgence in alcohol is not helpful but the occasional glass of red wine is probably good for you (and a lot nicer than ketchup!) Certain types of dementia are reversible and it is most important to see a GP as early as possible, when symptoms become evident and where appropriate patients may be referred to a specialist. Eric gave the vote of thanks and presented the speakers' certificates and a cheque for £500.



**11<sup>th</sup> May** **District Council Meeting** attended by President Peter and PE Alok

**Mon 16<sup>th</sup> May.** Jeremy read the Object of Rotary Michael Stennett, was inducted as a Member of the Club. Michael is a local Solicitor.

Members raised a glass, to toast Hon. member Seeva on his 90<sup>th</sup> birthday.

Peter introduced our Speaker Pauline Lewin from the Leonard Cheshire Disability Arnold House in Enfield. She said that the main aim



of the Home was to promote the independence of the Home's 21 residents. She described the efforts being made to raise funds for such necessary items as a bus and IT equipment. Also the difficulties in implementing the plans or redevelopment of the Building even though Planning Permission had been

obtained

**Mon 23<sup>rd</sup> May.** President Peter was in the Chair and welcomed guests: Hon. Members, Des Woodall and Seeva Vellupillai, our speaker John Williams, and David Rees. PP Barbara then introduced our speaker. John Williams from Bentley Priory, Battle of Britain Trust. John is the Chairman of the Stanmore Society, residents group. Through the society he has been involved with Bentley Priory since the time the RAF left and was honoured to be invited, last year to become a Trustee. John then gave a presentation about Bentley Priory, Past and Present, with Power Point of the Priory listed the various Marquis of and Sir John building in the Frederick and enlarged



slides. He told us the history dating back to the 1500's. He owners including the Abercorn, Queen Adelaide Kelk & illustrated how the 19<sup>th</sup> Century, in the hands of Gordon had been changed over a 20 year period. He showed us slides of the extensive grounds. We learnt how the RAF had first used the Priory in 1926 and then as Fighter Command HQ in 1936 and he related stories during the war and the Battle of Britain including first use of radar (chain home masts). His account was so interesting that the meeting was extended to allow more time. Hon. Member and Past President Des, gave the vote of thanks

Mon 30<sup>th</sup> May Bank Holiday – No meeting