



The bulletin of



The Rotary Club of Swindon Thamesdown

'The Moonraker'

District 1100 England

'Keeping Members in Touch!'



Editor; Past President
Peter Goldsworthy P.H.F.
*Swindon Thamesdown Editor of the year 2007
District 1100 Editor of the Year 2008/9 (Yeah!)*



*President Richard Fry
2009/10*

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By email to all members of **Swindon Thamesdown Rotary Club, Foothill Highlands Rotary Club, Tappahannock Rotary Club** and selected **Australian Rotary Club Members** by Snail-mail to Hon, Members of Swindon Thamesdown and **now available on our website at;**

<http://www.rotaryclubofswindonthamesdown.org.uk/>

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Meeting 26th January 2010

Editor Golds is sunning himself in some far distant land so it is again down to myself to compile this erstwhile edition. A lively evening with guest Rotarian Alfiya Batkaeva from Astrakhan, in Russia representing her Club the Rotary Club of Yuzhno-Sakhalinsk and Adel Copeland her sister, plenty to report so pleasant reading: Hon Sec **Richard Goddard**

Host for the evening Peter Newson reports:

So you're time has come to be host – No problem, easy one because this is a B&F.

Move forward a week, you're at the hostel waiting to start this weeks meeting, you notice two smart foreign looking women talking to your fellow Rotarians, this could be an interesting evening and then you get the tap on the shoulder from tonight's host "Peter can you host for me, my daughter has a water problem and the speaker hasn't arrived, don't worry about a thing." We all go into the room welcoming Flanagan back from wherever he has been as we go in.



Good attendance tonight, the heating works, the food is ready, but still no speaker, suddenly a tall man with no tie appears and away we go. Later, after the toast, we have a ten-minute break, then into the second half. Our leader stands up welcoming the visiting Rotarian and her sister who are Russian, he bravely introduced them by their names(ish) and then our speaker Adrian Hill. His topic? Weight loss! Why me as host? Why not somebody who is really overweight like Parfrey? The speaker runs over by 25mins and many require a comfort break, especially as he told us that we should drink two litres of water a day. All went well

then our leader gave the visiting Siberian Rotarian a banner on behalf of our club and a few words in Russian (clever Richard) actually I reckon it was quite a good evening.

Calling all Rotarians why not take a break to Torquay in the Spring, 19-21st March. Take your partner, we've got the hotel booked, it's near the sea, it's near the conference centre come and join us. Want to know more, ask Peter Newson.

PS For anybody who is likely to be president in the future this experience really is a must.

Thank you Peter, the following is a brief résumé from Andrew Hill of his talk to us:

Maximising your chances: Weight loss

It's now February and Christmas seems so long ago, however you may still be carrying those extra few pounds put on over the festive season, perhaps also from the season before?

You know the logic of getting a little slimmer and fitter. You already know that not only will it be a boost to your energy and self-esteem, it will take some strain off of your cardiovascular system, as well as your knee joints, reduce your chances of serious illness perhaps even cure your snoring, much to your partner's delight! But...

...But that means eating less and getting some more exercise! Things, which at first glance, may seem more, like a punishment than a recipe for glowing health and success.

Few of us have the "willpower" to battle through the "pain" and just do it anyway. Even those that do may only initially succeed by adopting a short term, highly decisive regime that although capable of producing results offers no long-term benefits as we quickly revert back to where we started. Indeed only about 8% of crash diets prove to be effective long-term. There are several commercial diet systems out there that take away your need to be responsible and make choices about what you eat, by suggesting that you replace meals with a pre-packaged product. I have seen many people who discover once they have lost the weight that they wanted to, and must go back onto "real food", that nothing has changed in regard to their relationship with food and that the old habits that led them to being overweight are still present.



Truth is, if you are going to lose that weight and maintain the weight that is right for you, there are no short cuts. Your lifestyle has to change, as do your beliefs about food, it's value, how you relate to it, what you really use it for and the real value of being lighter, healthier and fitter.

First off, assuming that once upon a time you were about the right weight, how did you get here? Analysing how your attitude towards food was influenced can help regain a healthy relationship with food. An example of this is the person who on having a family came to believe that preparing and giving food was symbolic of love, or a partnership growing apart in many ways, united through a joint passion around food. So how can you still give love and have a meaningful relationship without food having to be the method?

Respect yourself as a goodly human being. That is no food is off limits, you don't have to act as a judgemental parent punishing your inner child. Your child will likely get pretty miserable and end up rebelling (see the "rules" below).

What unhelpful beliefs do you hold about and around food? As an example I have had many a client that has told me that their parent insisted on any empty plate, otherwise there was friction. OK, so get yourself out a smaller plate with a smaller portion, you can still now finish it while limiting your calorie intake.

Identify and intensify your connection to the purpose that is being served by you being slimmer, healthier and fitter. There needs to be a strong emotive outcome that can be worked upon to increase the power of the concept of gain over the notion of loss. Have a future visualisation of you being slimmer, experiencing new things in your life that have been prevented due to weight, or simply see yourself doing existing things with a new energetic zeal.

Here are a few simple, yet if adhered to powerful rules that raise conscious awareness, negate the concept of abstinence, promote new enjoyment of food and promote the relearning of the brain/physiology link that weakens when we become overeaters.

- You eat when you are hungry
- You can eat whatever you want to eat
- You eat in a conscious manner (that is with no distractions, such as the tv)
- You eat far more slowly than usual (about half to a third the pace)
- You remain attuned to what your stomach and tongue are telling you, and you stop eating when you are satisfied, not when you are "stuffed"

Of course it could be that there are deeper emotional issues influencing the "abuse" of food beneath the surface. Such issues should be worked through with a psychotherapist.

Andrew Hill is a full-time, committed Hypno-Psychotherapist with almost 7,000 one to one sessions to his name, helping people across a wide range of challenging life issues. He can be contacted on: 01793 873451 or via his website: www.ahassociates.org.



ShelterBox collection for the Haiti earthquake disaster held at West Swindon Centre where the generous people of West Swindon donated over £900 in just 8 hours, this sum will now purchase two more boxes.

We have heard from ShelterBox that our 2 existing ShelterBoxes have now arrived in Port-au-Prince

The full contents of the ShelterBox: tent, equipment, utensils etc. was on display and created a lot of interest from people

Many of you will know that the Club, via Past President Bob Barrett, helped Westlea School gain a £10,000 grant for the refurbishment of their special needs playground, the Club acted as main supporter during the grant application process. The Club also donated £1000 towards the scheme and below are a couple of photos showing a special picnic bench and roundabout, the smile on the childrens faces say it all.



The Club also paid for a group of children from the School to go to the Christmas pantomime and past President Bob has received a thank you letter, shown opposite, from the children.



Rotarian Alfiya Batkaeva from Astrakhan talking to the Club about her Russian Club activities

Remember.....



Hon Sec Richard Goddard