

Community

Club Reports

Beeston Rotary Club

'A CHILD of Belarus' was the subject chosen by Lynne Martin of Wollaton Park Rotary Club when she came to give a talk to Beeston Rotary Club at one of the club's October meetings.

Seven years ago, Chernobyl victim Veronica was amongst a party of children who visited Nottingham, where Lynne Martin had offered to act as a 'host family'.

The charity 'Chernobyl Children Life Line' arranges for children affected by the 1986 Chernobyl nuclear

disaster to visit the UK and stay with a host family for one month as part of their therapy. Lynne Martin's family became very fond of the little girl and every year since that first visit, they have sponsored Veronica to visit them for three months each summer in order to help boost her immune system.

Mrs Martin explained how Veronica, having lived her early life in an orphanage, now lives with an aunt and uncle. Now aged 17, she attends a college in Minsk.

Beeston Club Secretary, David Biggs, gave a vote of thanks to Mrs Martin.

The following Monday, the Club held its 70th Charter Celebrations at the Novotel Long Eaton, where President Jack Walton welcomed the visitors and President Richard Taylor of the Stapleford & Sandiacre club responded on their behalf. District Governor Tony Stimpson proposed the toast to Beeston. This was followed by music from 'Kick & Run', a highly entertaining skiffle group.

Two o'Clock Club

MEMBERS who travelled to Torquay on the club holiday enjoyed themselves even though there were periods of rain during their stay.

A brief stop was made at the National Arboretum at Westonbirt, Gloucestershire on the trip south and, following a day at leisure in Torquay, a trip to Plymouth was on the itinerary for Wednesday morning with a return journey across Dartmoor.

Thursday included a trip on the South Devon steam railway from Totnes to Buckfast Abbey, returning by coach and a call at Brixham.

At the regular meeting a week later when all were

safely back in Beeston, local resident Elaine Liquorish showed a film of her holiday to Peru, emphasising the cultural difference of lifestyles around the country, starting with Lima and its cathedral, city halls, and wide boulevards with chaotic traffic, and Arequipa, with its own fine cathedral built of volcanic stone surrounded by flower-filled squares.

These were compared with the giant barren terraces of the Colca Canyon and Lake Titicaca, where inhabitants have constructed islands made from reeds reaching down to a depth of 70ft, the lake being 80ft deep. They add another metre at the

surface every year, so the islands will eventually reach the bottom. Their homes and boats are also made from reeds.

Whilst staying in Cusco, Miss Liquorish visited the Sacred Valley of the Incas as well as the terraces of the Lost City of the Incas at Machu Picchu. She thought it interesting that, whilst there were no written records from the time of the Incas, Peru was filled with the ruins of many temples and fortresses built by them.

The members of the Two O'clock club enjoyed Miss Liquorish's comprehensive view of the fascinating country.

ADVERTISING FEATURE

An A – Z of Fitness: R is for Repetitions

WHEN you push (or pull) the handles of a piece of weight training equipment or lift a dumbbell, that movement and the return to the starting point is called a repetition (reps).

Adjustment of the number of repetitions that you do is largely dependant on the resistance.

A light resistance would allow you to perform high numbers of reps and improve your muscular endurance. Heavier weights allow fewer reps and have an effect on strength.

Although we have touched on this topic before in the article on Intensity, I would like to look at repetitions from a different perspective, using stomach exercises as an example. (There are better exercises than sit-ups for tummy but we will use this example, as it's familiar to most people).

If you are not very fit and try sit-ups for the first time, you might manage 6 – 8, so for you the exercise strengthens the stomach. When you can manage 12 – 15 reps (because your

muscles have adapted) we call this toning – the light end of strength.

Now, because the resistance involved in the sit up is fixed, i.e. the weight of your head and shoulders, many people revert to adding more and more repetitions and then proudly proclaim they are 'doing 200 a night'. However they are not actually toning or strengthening their stomachs now at all.

Muscles consist of three types of fibres, broadly those for strength, those for

Wildlife Watching

Local news and views of the natural world

Leaves of brown, winter draws on...

AFTER a long, dry 'Indian summer' recent conditions, in particular the wet windy weather last weekend, leave no doubt that autumn is upon us. The winter feel is increased by the shortening days and emphasised by the clocks turning back. This means that the time most of us will have for watching wildlife under ideal conditions (i.e. daylight!) is steadily reducing.

On the plus side, the leaf fall during the recent high winds has meant that conditions for watching wildlife in trees, especially birds, have suddenly improved. Now is the time of year that birds coming to feed in gardens will be easier to see in surrounding trees and shrubs. Anyone intending to feed birds in the garden should be doing so by now, and attempting to keep feeding up throughout the winter.

Not everyone has a garden in which they can feed birds but there are other opportunities to enjoy a little bird watching in the shortening days. Birds are certainly still active and easier to see in the trees but to make the most of limited time, a little knowledge of where birds are liable to be helps. Established reserves such as Attenborough, which can be particularly good in the winter, are a

safe bet but other places where birds congregate can be closer to home.

Home to roost

One of these is trees and other places that are regularly used as roosts by birds. These can sometimes be found in the heart of urban areas. A good example is the pied wagtail roost at Beeston bus station, which can contain hundreds of birds in very cold weather.

This highlights one of the advantages for birds in urban areas in autumn and winter. Because of the heat these areas generate and the capacity for structures to retain it, they can be several degrees warmer than areas of open country. This has been one of the factors that have led to a growing diversity of birds using urban areas and even town centres. Goldfinches are one of these. They are an increasingly common sight in both the centre of Nottingham and Beeston.

The capacity for Beeston High Road to attract both the goldfinch and other birds – or even new roosts – has been sadly reduced with the destruction of trees this year. Looking at the (almost) finished results with the incongruous intrusion of manhole covers into the paving design (did nobody realise that they were there?) many would question whether there has been any improvement at all. The Tarmac over the locations of the lost trees may be an indication of how long we will have to wait for their 'replacements'.

It is possible to find roosts of crows and rooks near urban areas and if you are lucky enough to know of a starling roost, especially a large one, then the sight of them coming in to roost can be impressive. On farmland with hedgerows containing a few mature trees, such as the area between the A52 and Inham Nook, certain trees can be used as a roost by a variety of birds.

Finding roosts can be a matter of simply keeping an eye out for them wherever you go. Returning to them can give you a lot of wildlife watching in a short space of time before darkness sets in.

Berry feast

The recent dry sunny period has resulted in a bumper year for fruit and berries and good conditions for any wildlife that use these as a food resource. Included in this are winter visitors such as the fieldfare, redwing and possibly even waxwings, so looking out for trees with lots of berries will point to another place where there is a good chance of seeing wildlife in the short autumn days. Another reliable wildlife haunt is ivy. This is one of the latest flowering plants and can be teeming with insect life on sunny days in early autumn, while its berries provide a valuable food source for a variety of wildlife over the winter.

Autumn and winter can be as good for watching wildlife – you just need to know where (and when) to look!

Jack Smith
Local Ecologist



endurance and those that adapt on how you train 'em. So, beyond 20 – 30 sit-ups in one go and the endurance fibres are controlling the exercise.

The key is to get back in the toning zone and target the strength fibres by increasing the resistance in some way – say by holding a weight on the chest and aiming to stop after no more

than 15 reps and because you have to.

In a similar manner, press-ups remain a strength exercise for many women and lightly built males (they have to stop at around 10 reps, unless they perform the exercise on their knees). Chin ups/pull ups are usually strength for all.

Joint Effort Fitness

Answers to General Knowledge Quiz on page 15:

1. 'Spender'
2. Bolivia
3. Amstel River
4. The gathering or collecting of walnuts
5. An albatross
6. Wells