

Handing Over at the Racecourse!



President Elect Paul Harvey, Past President David Fotheringham, and President Mary Lumley

This year the President's handover lunch on July 1st was a different occasion, it comprised the handover lunch, but it was also the "President's lunch" postponed from January, so we were joined by partners and partners of former Rotarians. It was lovely that we could entertain partners with this event for the first time in nearly three years.

After the lunch outgoing President David gave a brief summary of the year in which he commented on the year and our theme of "having fun and fellowship achieving a new Rotary normal". He added that it was fantastic to move from Zoom only at the beginning of the year to face to face meetings at the earliest opportunity and we all enjoyed being back together meeting face to face. David thanked everyone for all their work and support in making the year a successful one.



David concluded by awarding a three year honorary membership to Janet Morley and handing a certificate to her. We are all sad that Janet was leaving, but we understand her desire to join Aireborough Rotary, a club that is a lot nearer to Janet and Phil's new home. Janet became involved with the first Dragon Boat Challenge in 2003 via her role as director of fundraising at St Leonard's Hospice, the charity we were supporting. Janet helped greatly in raising the profile of the event.

Later in 2006 Janet joined York Rotary, along with Mo Hayward, as the first two lady members. Since then Janet has been a very active member of the club.

And then another Rotary Year began!!

Incoming President Mary said she felt immensely proud as she became the 102nd President of York

Rotary.

Mary then introduced her guests. They were her brother Rob, sister in law Sue and niece Alice, Michael Heaton a very good friend and fellow Rotarian from Bingley Airedale and District President Elect David Phillips also from Bingley Airedale. Mary also explained the origin of the beautiful sunset photograph which she had chosen for the front of the 2022-2023 Handbook. "It is one I took in December 2019 whilst out for a drive with my late mother Gwenda. I've used it as a tribute to her memory as we were unable to give her the funeral she deserved due to Covid restrictions."

Our speaker then was Sue Woodcock, who told us of her very varied and unusual life in an amusing and engaging way. Brought up by her Grandmother she joined the Police at a young age and told us of her life as a 'Village

Bobby' on a motorbike! Later in life she had bought a smallholding way up in the Yorkshire Dales with no electricity or running water! There she bred rare sheep and even spun their wool to make garments. After retiring to near Pocklington she has remained very busy singing in two choirs and acting as Scorer for the local Cricket Team. Sue has written 5 novels and writes a diary column in the Yorkshire Post.



York Rotary Jul 13, 2022

More Tree TLC...

Updated: Jul 15, 2022

John Lacy reports...

It's pleasing to report the 1200 trees planted in 2018/19 for the York Rotary Family Tree Project on land off Haxby Road behind the new hospital and adjacent to the River Foss are now well established and maturing nicely.



The Rotary motto of *Service before self* was well in evidence as Frank Paterson recently battered and bruised from his Dragon Boat experience, along with fellow Rotarians and three volunteers from Aviva, turned up on one of the hottest days of the year on July 11th to remove grass and weeds from the base of the trees to optimise root production for water uptake during this drought period.

As one member of the Aviva team said "We never knew this wooded and river bank walk existed. It is rewarding to be involved in a community programme which we at Aviva are committed to helping."

York Rotary Jul 14, 2022

Dragon Boat Day 2022

Updated: Jul 27, 2022



It was, unbelievably, the 20th annual running of the York Rotary Dragon Boat Challenge (if we include the “Virtual” Challenge that ran in 2020 whilst we were all in lockdown). And it turned out to be a very successful anniversary event.

On July 10th we had the full complement of 36 teams taking part, with over a third of them “first-timers” in the event. They ranged from very small charity teams to large company crews, and even included a team of stone masons from York Minster and supporting groups!

President Mary got into the spirit of things when she gamely joined the crew from Accessible Arts and Media for their first heat – managing to log the slowest time of the day in the process!



Thanks to the efforts of all the members that helped on the day, and a very complimentary warm sunny day, it was an event full of positivity in the air, and everything – or almost everything – went according to plan.

The teams had a great day, lots of team-building and laughter being evident alongside an increasingly competitive atmosphere as the three sets of heats went on. In an exciting six-boat final, the Tadcaster Trojans (representing Tadcaster Swimming Pool Trust) won out by just one second from Merchant Taylors and ABG International.





The stone masons crew – “Stone Age” - won the best fancy dress award. (right)

On the North Bank, 21 charity stalls filled the riverbank alongside our own Rotary Tea Tent which did brisk business particularly with Diana’s Bacon Butties, a new initiative which was very popular during the morning. The charity stalls did well, and we have had excellent feedback from them.

It was a long day for many of our members and other volunteers – sixty in all! Between managing the car parking, ensuing safety through stewarding patrols, loading boats, and handing out printed Race Cards to the public (hopefully in exchange for a donation to our charities!) it was a mix of tasks which members took on in good spirit and very successfully.

And the result? Aside from the huge amount of publicity that Rotary got – including a spot on BBC Look North TV and a very high traffic count on Social Media – and the positive feedback since from many of the teams – the main purpose of the event was of course to raise funds for local charities.

The total – so far – raised by the teams for their charities (and 1/3 of their funds going to our two Rotary nominated charities Accessible Arts & Media, and Antibiotic Research UK) is around **£80,000** and we raised a further **£6000** for our own charity fund from running the event. This makes it, at current count, the second highest total raised over the 20 years we have been running; and takes the total amount over this period to close to **£1.4 million**. What an achievement!

A full report with lots more photos can be seen on our Dragon Boat pages [here](#)



York Rotary Jul 24, 2022

Action for Elders


Keith Hayton reports....

Our speaker on July 15th was James Lewis, CEO of Action for Elders Trust. James described how some 25 years ago he had a personal experience/loss which caused him to rethink his role in life. Looking around for areas in our society which were in need without any obvious support networks, he decided that there were many (too many) elderly people who were not making the most of their lives. He started the 'Action for Elders' Trust with the aims of providing three things to help those in this category.



He organised classes based on gentle Tai chi to provide the necessary exercise and health benefits. At the same time the extended 'classes' gave plenty of opportunity for social interaction to work against the problems and anxieties of loneliness and social isolation. He expanded at some length about the wider implications for our society and the need to 'live for each day'.





The organisation, which originated in South Wales, came to York through a chance contact with a doctor and is guided here by a recently retired GP. The Trust holds classes each week in Foxwood and after the class there is food provided and plenty of opportunity for getting together.

The Trust does get some financial support in some places where its aims dovetail with those of the local authority or NHS Trust but has also to rely on charitable donations. Similar 'courses' are provided in the Midlands and James also indicated that there had been an approach to them from areas in London. The expansion of the organisation is a good indication that the positive benefits provided are being recognised.

York Rotary Jul 25, 2022

Walking challenges and secrets

Rebecca reports....

On 20th July, just a day after our British record breaking 40 degree weather, 16 walkers (and surprisingly no dogs) met on the edge of Harewood House near Harrogate for a walk. Despite the big drop in temperature from the day before, the temperature had already reached the low 20s when we set off.

Organised by Mike and Ros Hay, walkers could choose between a longer 7-mile route or a shorter 5-mile route with each taking a group. Immediately, we were treated to distant views of Harewood House and the vastness of the property. The routes weaved through the estate and the wooded paths provided necessary shade for the mostly British (all but me) walking group.

The long walkers said goodbye to the short walkers and continued on their way around the estate, in the humid mid-afternoon heat. Winding through fields and farmland, the walk ended on prolonged gradual incline up to the road taking us back to the shaded lay by where the short walkers were waiting for us.

A short drive later, we gathered at the Shoulder of Mutton in Kirby Overblow for lunch and a few cold drinks. According to James Coyners, the shoulder didn't look like shoulder but "it tasted nice and that's all that matters."

The walk did start and end with some challenges. However, as a former rugby player, I was reminded that "what happens on tour stays on tour." So, any further details of the day remain with the walkers.



York Rotary Jul 27, 2022

Rotary-Funded "Wellbeing Garden" at York Hospital

Updated: Aug 6, 2022



Rotarians pictured with York Hospital NHS Foundation Trust Chairman Alan Downey (centre) and representatives of York & Scarborough Hospital Charity.

In 2020, York Rotary were unable to run the annual Dragon Boat Challenge event due to COVID restrictions.

Instead, a VIRTUAL Dragon Boat event was organised where crazy stunts such as rowing in a bathtub, rowing on chairs in the back garden, or riding on a tractor, were set up by members and videos made. Each pound raised from these antics moved a "virtual" dragon boat - on our website - further down the Ouse, and in the end the whole course from Newton on Ouse to the Humber Estuary was completed!

A record of the event, and the videos made, can be seen at <https://www.yorkrotary.co.uk/virtual-dragon>

The event far exceeded our expectations, and a total of **£20,150** was raised for York Hospital Charity.

The money was raised to help fund a refurbishment of one of the outdoor spaces at York Hospital, a garden which has now been transformed into a "Wellbeing Garden" space.

On July 26th the "opening ceremony" took place at the Hospital, attended by 17 York



Rotarians 12 of whom had participated in the Virtual Dragon Boat event.

We were warmly greeted by members of the York and Scarborough Hospital Charity, and staff and directors of the York Hospital NHS Trust, including the Trust's Chairman Alan Downey; and given a "Tour" of the new garden which is now a peaceful space for staff, patients and carers to use in the years ahead. It includes a "sensory garden" space and once the planting has matured it will be an even more beautiful area.

It is hoped in the next few months to add some finishing touches including a reference to our Dragon Boat event with a plaque and explanation of our contribution to the project.

The Garden before (right) and after (above) the refurbishment project





Rotary Club's annual Dragon Boat race was another casualty of Covid-19. The event has raised almost £1.4m for York since the event first launched 20 years ago. Due to the increasing strain on staff at York Hospital, Rotary wanted to create a space where staff could relax and take time out from their busy work. When the Dragon Boat Race event cancelled, the Rotarians organised a challenge asking people to get inventive with their ideas and help raise £84,000 - the equivalent length of the River Ouse. The challenge was a disappointment, and got to work completing their challenge by using a variety of things like swimming pools, tractors and paddling pools with to raise the money for the garden!

We raised a fantastic £20,150 which has been used to partially fund the fantastic garden space you are standing in!

During the pandemic we were keen to continue our fundraising activities and decided to create a virtual Dragon Boat and paddle it 250 metres. As the Ouse is 84 km long so we needed a minimum of 33 people to be mad in their own Dragon Boat, to move our challenge



"It was a lot of fun as it was open to interpretation by participants as to how to achieve the equivalent of paddling 250 metres, for example paddling 50 strokes in a bathtub or 'swimming' on sun lounger in the garden."

For Rotary Club council member Brian, the project was very close to his heart after his daughter suddenly developed a life-threatening illness that left her paralysed and in intensive care in York Hospital for three months.

Brian said: "It was a terrible time for the family as none of us could visit because of the pandemic. My daughter was unable to see her children for the nine months it took her to recover.

"The first time we were able to meet up was outside in one of the hospital courtyards and it was the most wonderful moment for us all. My daughter was overjoyed to get some fresh air and be outdoors after such a long time in intensive care. The pandemic really brought home how important these spaces are to people who work in hospitals and for patients and visitors, especially at stressful times."



York Rotary Aug 1, 2022

New Thinking at the Theatre

Updated: Aug 6, 2022

Mike Fieldsend reports...

Our speaker on July 29th was Tom Bird, CEO of **York Theatre Royal**. He came to York from the Globe Theatre in London where he seems to have done just about everything - including leading a company playing Hamlet on a world tour. The, slightly mad, aspiration was to take the play to every country in the world and, bar a couple, they succeeded!

COVID hit all theatres hard and York Theatre Royal was no exception. Once over the initial shock, and after furloughing most of the staff, Tom and his small team set about finding ways in which they could keep the theatre's work and profile going in some way or other.

A brief window of opportunity presented itself late in 2020 when people were allowed to come together outdoors. In two weeks the team put together a small-scale pantomime which they then proceeded to play in every ward of the city. They played halls, schools - just about anywhere they could find. The response was overwhelming with audiences drawn from people who rarely, if ever, went to the Theatre Royal itself.

This recognition that there is a new audience out there brought about a major rethink of how YTR operates. As Tom explained, they now run three Youth Theatre groups around the city and have reemphasised their commitment to 'community theatre' with the current production of 'Coppergate Woman', a play drawing on York's Viking history to illuminate present day concerns. Tom said how excited he and his colleagues are about the rich vein of York stories that cry out for dramatisation. Another major piece is in the pipeline for 2023.



Tom concluded his talk by referring to the many commentators who are predicting the death of live theatre in the wake of COVID. He reminded us that people have been performing drama for at least 4000 years of which we know - and probably much longer. The 'death of theatre' has been declared many times but it always re-emerges, always changing and adapting but, never the less, surviving!



Tom with President Mary and (r) Mike Fieldsend

York Rotary Aug 8, 2022

Plus purple fingers and goodies

Updated: Aug 11, 2022

Frank reports...

The weather was just right on Sunday August 7th for the annual get together on the Haxby Road "**Rotary Family Tree Partnership**" site of friends and families of children who had trees planted to celebrate their birth in 2018/9.



At long last many of the trees have grown sufficiently well to now appear above the surrounding grass and thistles so the site is beginning to look more like a woodland area.

The staff at St Johns Sports Ground have created and maintained a network of footpaths so it is now much easier to access the individual trees.

Although the numbers attending were lower than last year four new families visited for the first time and selected and adorned their



own specific tree with a Rotary plastic label.



fingers going home.

Again everyone was very complimentary about this Rotary project and appreciative of the generous donations of 'goodies' for the youngsters from ASDA, Morrison and Tesco.

Read more about the project [here](#)

A real bonus for visitors this year was the splendid crop of blackberries in many parts of the site so there were quite a few purple



Bag Handling at the York 10k



After a gap of two years, we returned once again to the Knavesmire on August 7th, to the York 10K event, run by the "Run for All" organisation set up in memory of Jane Tomlinson, to offer our services a volunteer baggage handlers!

Led by Mike Hay, 14 York Rotarians, partners and friends turned out at 7.30 in the morning to run the bag-drop facility for the runners, collecting and storing, in strict number order, their bags in two trailers provided for the purpose.

3,500 runners took part in the 10K - thankfully not all needed to drop their bags with us, and it was relatively



relaxed morning, with most of us able to get away again by 11.30am !

This is friendly and fun way of providing support to the community - all in a good cause - and the fine sunny weather was a nice bonus.

Thank you to all that helped out.



York Rotary Aug 26, 2022

Poppleton Pests are Back!

Updated: Aug 27, 2022



The annual Bowls Evening is a much-loved institution within York Rotary, and Mike Miller once again took on the mantle of organising this year's event on August 23rd at the York Bowls Club.

Just under 35 members partners and guests took part in the bowling (and a few more joined for the supper afterwards) and Mike had organised us into 12 teams with "local district" names. Although many had played before, there was – as ever – still confusion about the rules, the scoring and the movement of winners to the next "rink". Somehow intelligent ex-business folk and brilliant organisers (a.k.a. Rotarians !!) seem to lose all function when faced with the intricacies of Bowls rules.

But the mild chaos just added to the fun of the evening, as in fine sunny conditions all teams played 10 "ends" (I think it was) and handed in their cards for Mike to decipher.

The Bowls Club provided brilliant support in giving tuition and guidance during the games, and their caterers were equally excellent in serving up a pie, chips and mushy peas supper at just after 7pm. – followed by a delicious Arctic Roll desert.

Paul is less than impressed when Anne wins the "end"



There was laughter, chat and great fellowship throughout the evening and at the end Mike broke the news that everyone had been desperate to hear... who had mastered the scoring system and done enough to pull off the win?



The answer was the "Poppleton Pests" (above), a 2-person team namely Tom Jackson and Christine Wilkinson (helped a little by Mike himself, it was observed). They were

deserving winners who were rewarded with bottles of wine and much applause.

Many thanks to Mike (and the Bowls Club) for pulling it all together and giving us such a great evening.



York Rotary Sep 1, 2022

SHOUKSMITH CUP AND THOMPSON PLATE GOLF COMPETITIONS

Thursday August 18 saw a 'select' group of Club golfers assemble at Pike Hills Golf Club to fight it out for 2 of our prestigious Golf trophies. Playing in 2 4balls, with half the field consigned to golf carts through age or infirmity, or both, many good, poor and downright appalling shots ensued, but luckily the few spots of rain experienced held off until it was virtually all over.



Partners were collected and joined us for a very nice post-match meal, we were also joined by President Mary, Sheila Weatherburn and Donald Heath, with Mary distributing the prizes.

Denis Adamson won the main trophy, the magnificent silver cup present by PP Tom Shouksmith in 1934, having scored 41 Stableford points with David Impey and Steve Burton coming in equal second with 33, Steve being declared winner of the Thompson Plate by virtue of a second half count back.

The photos above show the grace power and beauty of the golf swing in action, along with the prize presentation below



York Rotary Sep 3, 2022

Visit to refurbished Guildhall

Updated: Sep 6, 2022



Chris Birch reports...

On September 2nd, 23 Rotarians and partners toured the newly refurbished Grade I, II * & II Guildhall complex courtesy of Olivia Chatten of the new tenants, the University Science Park.

Although the City Council have moved to new premises, they have retained the right to continue holding 6 council meetings and the mayor making functions at these premises.

The earliest Guildhall buildings were erected between 1448 and 1458 with additions over the years since then. As well as the recent works restoring the existing buildings, function rooms and business suites had been formed, a new cafe area had also been created with stunning views across and down the river within the South end of the main buildings.

The café is serviced by a new kitchen and increased toilet facilities – obviously thought valuable enough to be protected by iron window grills taken from the former women’s prison near Cliffords Tower!

We were shown round by Olivia starting in the Guildhall itself where the most notable evidence of the works was the stone floor re-laid to the original design that had been in existence prior to the post WWII damage reconstruction. This time the floor was laid



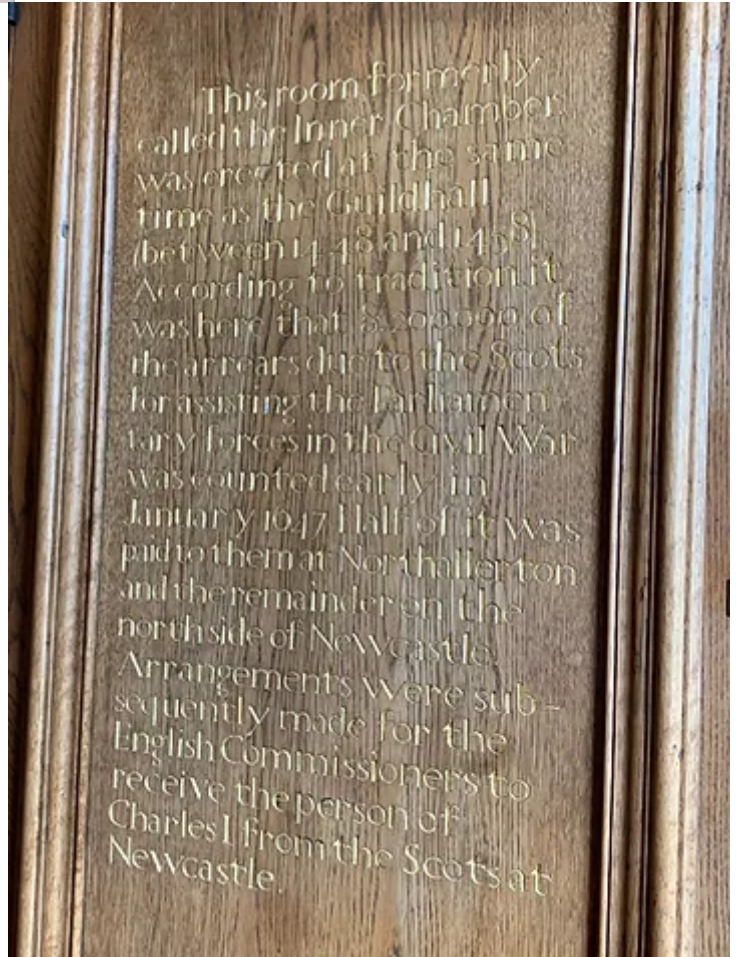
over new underfloor heating connected to a river water source heat pump system, which also heated many of the riverside rooms



The party moved on to the impressive wood panelled Committee Room created in 1600s; this contained two historic concealed doors leading to secret passageways.

Frank got very excited to have it confirmed that in 1647 this was the location where the counting took place of the £200,000 ransom for Charles I that was paid to the Scots.

Throughout the ground and first floor a superb job had been made of restoring the



100-year-old patterned mosaic tile flooring.



The tour moved up the main stone balustraded staircase, where all (bar the Butcher's) the coats of arms of the York Guilds were displayed, and on into the Council Chamber. This imposing room was still in very good condition despite having been left untouched by the restoration works.

To the North end of the complex new buildings had been built to provide more business suites and restaurant facilities, including a terrace with excellent river views.

At a lower level there was an equally attractive public terrace accessed via a passageway from Lendal.

All in all, the £24m restoration works did look money well worth spending on these

historically important and now much more useable York premises. Frank thanked Olivia on behalf of Rotary for providing the Club with the tour.





Developing York's Transport Plan



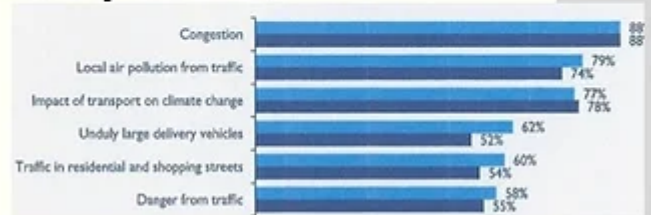
Professor Tony May is a Transport Strategy specialist. After a distinguished academic career, he has recently led the York Civic Trust team contributing to the City of York Transport Plan. The existing plan dates for 2011 and needs updating, not least to meet Government deadlines.

City of York Council announced an up-dating exercise in January 2021 and invited the Civic Trust Transport Advisory Group to assist.

Our starting point

A survey of needs and aspirations (Sept 2019)

- 1388 residents
- 182 commuters
- 272 visitors



A Citizens' Transport Forum

- 100 volunteers from the survey respondents
- From all areas of York, with differing needs
- Four rounds of discussions
- Focusing on problems, objectives, strategy



An invitation from the Council in January 2021

- To offer advice on a new Local Transport Plan for York
- To be published for consultation in December 2021
- Fortnightly discussions throughout 2021

Our Transport Strategy for York published February 2022



York Civic Trust *Promoting Heritage – Shaping Tomorrow*

Tony led the Civic Trust team as they analysed traffic, pollution, and climate data from as many sources as they could identify. In addition they established a Citizens transport Forum drawn from interested parties to discuss the sort of York they, as representative of different demographics, foresaw as being appropriate going forward.

All this information was used to produce a comprehensive report setting out important objectives around reducing carbon emissions, traffic congestion, pollution, and protection of the environment. The report, with is extensive, can be found via the York Civic Trust website: [yorkcivictrust.co.uk/home/planning/a-transport-strategy-for-York-2022/](https://www.yorkcivictrust.co.uk/home/planning/a-transport-strategy-for-York-2022/)

The next steps

York needs to replace its 2011 Local Transport Plan

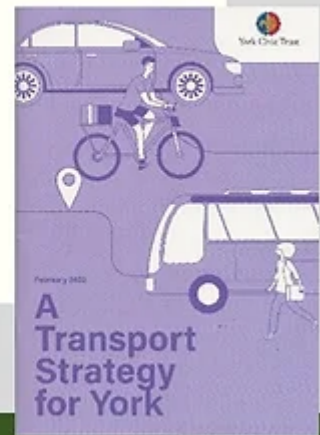
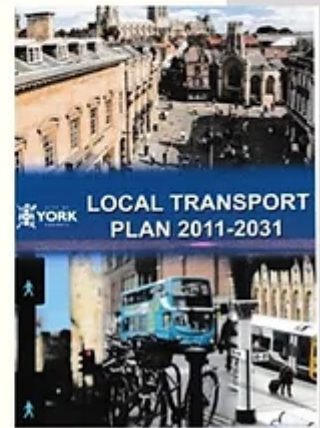
Government requires new Plans by March 2024

- With a clear focus on carbon reduction

The 2022 Devolution Deal

- Requires a Provisional LTP for York + N Yorks
- By March 2024
- So York needs to know what it wants before then

We offer our proposals to initiate the debate, encourage public and political consensus, and support the Council in developing its new Plan



York Civic Trust *Promoting Heritage – Shaping Tomorrow*

As an 'advisory excise' this report will form part of the Council's deliberation in drawing up its Transport Plan.

It was clear from Tony's presentation that citizens of York are fortunate in having a Civic Trust that is so pro-active. Long may it remain so!

York Rotary pay tribute to Her Majesty Queen Elizabeth II

Updated: Sep 10, 2022



At the York Rotary meeting on the 9th September President Mary Luley gave a tribute to Her Majesty Queen Elizabeth II. The meeting started with the short tribute as detailed below followed by a two minute silence.

“As we begin our meeting today we pay tribute to Her Majesty Queen Elizabeth II who died peacefully yesterday afternoon at Balmoral. To us she was just The Queen having reigned over us for 70 years. She had always been there, a constant presence in an ever changing world. She was a figurehead, a self-less leader and a great example to us all. Even just two days before she died she carried out her constitutional duty of appointing her 15th Prime Minister Liz Truss and accepted the resignation of Boris Johnson. The Queen was a mother, a grandmother, a great grandmother, an aunt, a cousin and a friend to so many. Our thoughts and prayers go out to them all at this sad time. We will now show our respect with a 2 minute silence.”

Silence 2 minutes

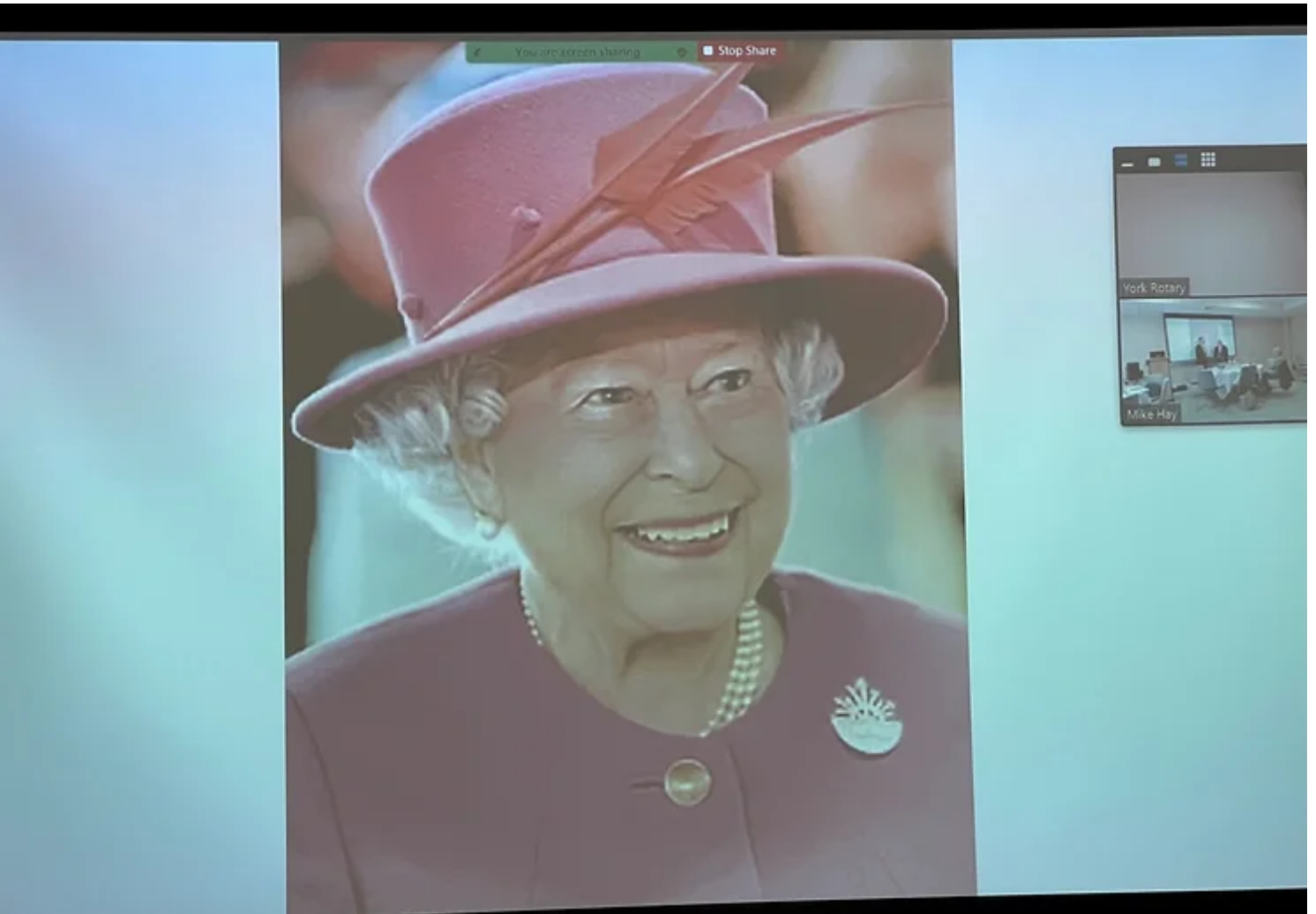
Following the two minute silence the thoughts turned to King Charles III as detailed below and those were followed by a toast to “the King”.

“I’m sure that at each table we will be discussing The Queen and her long life over our lunch. Our thoughts may also turn to the future and our new monarch, King Charles III. He is due to address the nation tonight. What a daunting task that will be so soon after his mother’s death. We hope he has inherited her strength, her tenacity and her deep sense of duty.

And now I would like everyone to stand for the Loyal Toast.....The King”

York Rotary expresses sadness at the loss of Her Majesty Queen Elizabeth and sends condolences to all in the Royal Family and all who knew the Queen.

The following is a video of President Mary's tribute to the Queen



The Webmaster Sep 10, 2022

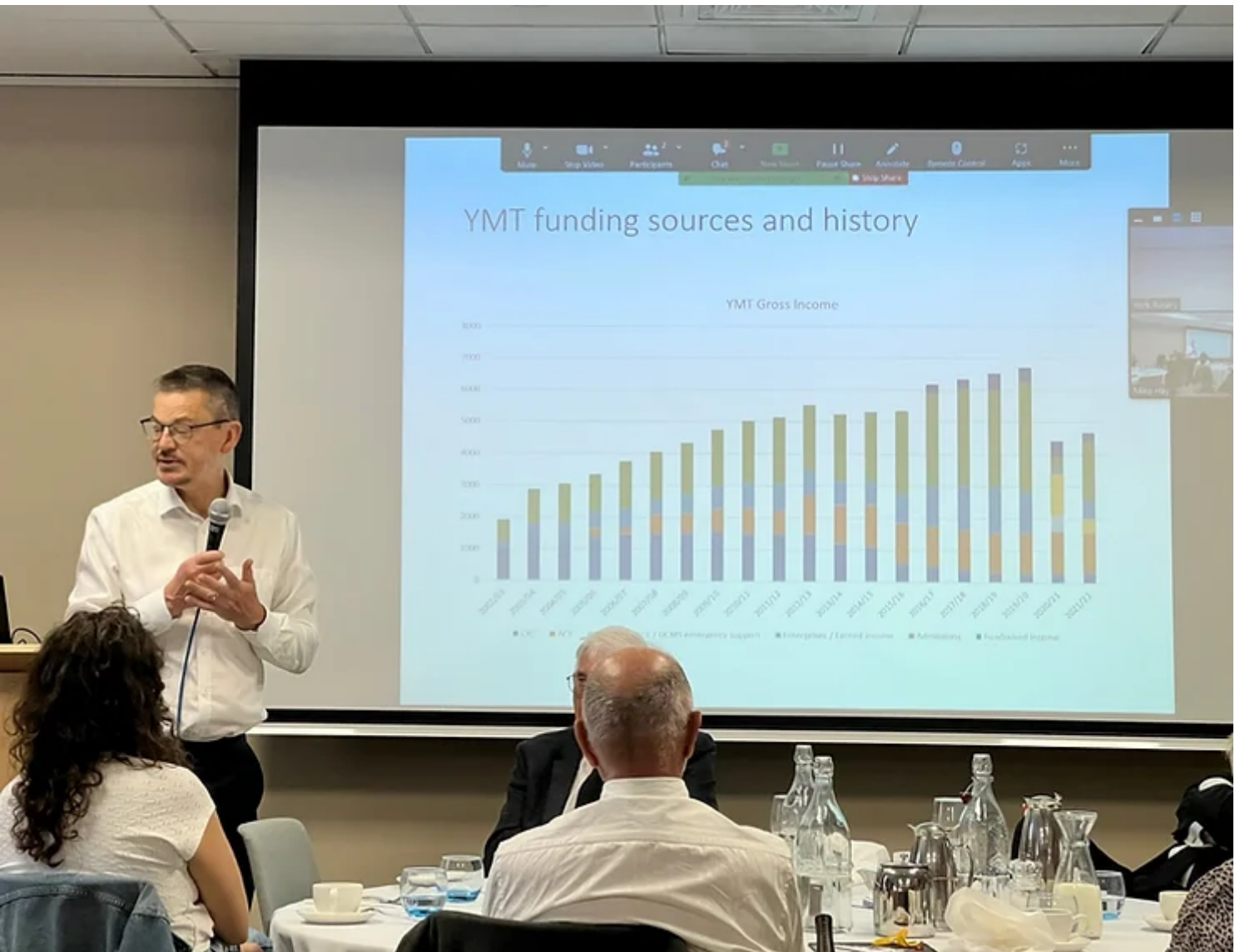
York Museums Trust

Paul Lambert, head of Finance & Strategy at York Museums Trust, came to talk to York Rotary on the 9th September



about the not inconsiderable task of recovering the Trust's fortunes post Covid.

The Trust operates principally from three dispersed sites – the Yorkshire Museum & Gardens, the Castle Museum and the Art Gallery, and holds, on behalf of the City, collections – Archaeological, Roman, Medieval, C19th and Fine Art each designated of national importance requiring specialist protection and curation. The Covid lockdown caused each of the three sites to close its doors with a consequent complete collapse of income for the best part of eighteen months.



The task of resurrecting footfall and regaining cash flow was considerable, not least by the public's initial reluctance to restart visiting public places post lockdown, and fear of frequenting on site catering and retail facilities. Coaxing back visitors required incentives of special exhibitions and offers of free or reduced entry. Suffice to say that by July this year footfall had returned to 80% of its pre Covid levels but income remains substantially reduced, prompting the Trust to examine very closely not only its costs but also the scope of its assets to be better promoted and new uses explored to create fresh sources of income. Thus the availability of museum premises for corporate events, wedding etc, the potential of the Gardens for new events and performances, and the better exploitation of the Trust's collections to bring in new audiences are a few of the

many ideas being explored. Concurrently the scope for better financial support from corporate foundations and charitable trusts is being examined as the considerable public benefits of education, preservation and research that the Trust undertakes is explained and promoted. All very much work in progress.

The Webmaster Sep 21, 2022

Rucksack for Homeless



Rotarian Hazel Brindle, Past President of the Rotary Club of Sowerby Bridge, Described the remarkable work the club has done over the last few years in providing rucksacks for some of the homeless in the Halifax area to help them to survive.

Hazel explained that one of the reasons for her joining Rotary was to help people have a better quality of life. In her professional working life she explained how she worked with many disadvantaged and disaffected young people, many with drug or alcohol problems. Then she witnessed at first hand the impact these issues had and how it affected lives, education and any future career prospects.

Hazel and her two Rotary colleagues explained how they developed the idea of a 'survival' pack and showed us in detail the contents and how a sleeping bag, waterproof cover etc and an assortment of warm clothing, socks, gloves and woolly hat could fit inside the rucksack. This took a lot of time and planning and working with the recently homeless and the local organisations who helped and supported those in that position. All three of our guests emphasised that the club supplied the rucksacks but that the distribution of them was left entirely to those who knew the potential clientele. In order to help us in

York, were we to proceed with the project, the club had also invited guests from the City Council and the salvation Army who worked with the homeless in the city.

Note: The work of Hazel and the Sowerby Bridge club in providing rucksacks for the homeless was featured in a recent edition of the Rotary magazine.



Goathland walk



On a fresh morning breeze 6 Rotarians set off from the church down the main street in Goathland turning off to join the path down the Old Incline Track. This mile long section of track had been the steepest part of the original 1836 railway line from Whitby to Pickering, which had to be operated by hauling carriages and freight up the 1 in 12 max. slope. This was achieved by pulling the carriages on the end of a mile long 6" rope, which then passed round a 10' diameter pulley at the top being propelled by a tank of water on rails descending the slope. This worked for around 30 years, ignoring one or two fatal accidents(!) until it was superseded by a newer diversionary railway line in 1865.

No sooner had the party descended this wooded track to the now picturesque village of Beck Hole (previously a hive of iron ore mining activity), than a steep climb eventual took us to a refreshment stop at Water Ark overlooking a section of the above-mentioned Deviation Line (now NY Moors Railway) on stone arch bridges above a stream and waterfalls. Thanks to some superb scheduling by the off-duty

Pickering Stationmaster, Paul Roberts, we were able to witness the first steam train of the day going up to Goathland on full throttle (See video link below).

0:00 / 0:25



Further gentle (?) climbing overlooking the railway line and then out on open moor took us to the day's highpoint and viewpoint in the now warm sunshine. Here we joined the old mine track that used for 100 years to take roadstone to the crusher at Goathland station by literally letting a train of several full trucks run by gravity. Some poor soul had to stand on the back truck operating the brakes!

This seam of hard stone mined along the ridge in the Moors was locally known as Whinstone and was created by an earthquake many millions of years ago forming a straight split in the Earth's crust subsequently filling it with volcanic rock some 450miles in length from the North York Moors to the Cullin Hills on the Isle of Skye passing through High Force and Hadrian's Wall along the way. Having left this track, a gentle path took us through under the NY Moors Railway and across the line of the Horse-Drawn track of the original Whitby to Pickering Railway. This path skirted through farmland and woodland around the SE side of the village eventually entering back into the village at the church and Mallyan Hotel starting point.

The weather remained so sunny and warm that delicious meals in the Hotel beer garden rounded out what had been an experience of the North York Moors at their best.



The Webmaster Sep 26, 2022

Remembering Sarah (Everard) Concert



The remembering Sarah (Everard) Concert was held at the Novotel, Thursday 22nd September 2022

The above event was the 'Brian child' of Mary Lumley, President of York Rotary. Planning for the event started in February 2022, before Mary's Presidency.

Background to the event: Many of you will remember the singer Elkie Brooks and like Elkie singing one of her famous songs - "Pearl's a singer" - President Mary is a singer in a Band.

Mary started her singing career as part of a mixed choir called Harmonix. It was here that Mary met Jeremy and Sue Everard, Sarah's parents. Part of Harmonix eventually reformed as a female band whose style is based on American folk, Bluegrass and Country music – hence **The Bluebirds**. Those of you lucky enough to get to the concert will have been entertained by the group's infectious enthusiasm and great harmonies. Click on the short video to get a flavour of the event.

York.Rotary.remembering sarah



Sarah was born and bred in York and went to Fulford School going onto Durham; her parents have remained in York. Jeremy and Sue fully supported Mary's community initiative and we were delighted to welcome them on the night where they were able to rekindle friendships with members of Harmonix as well as enjoying the concert.

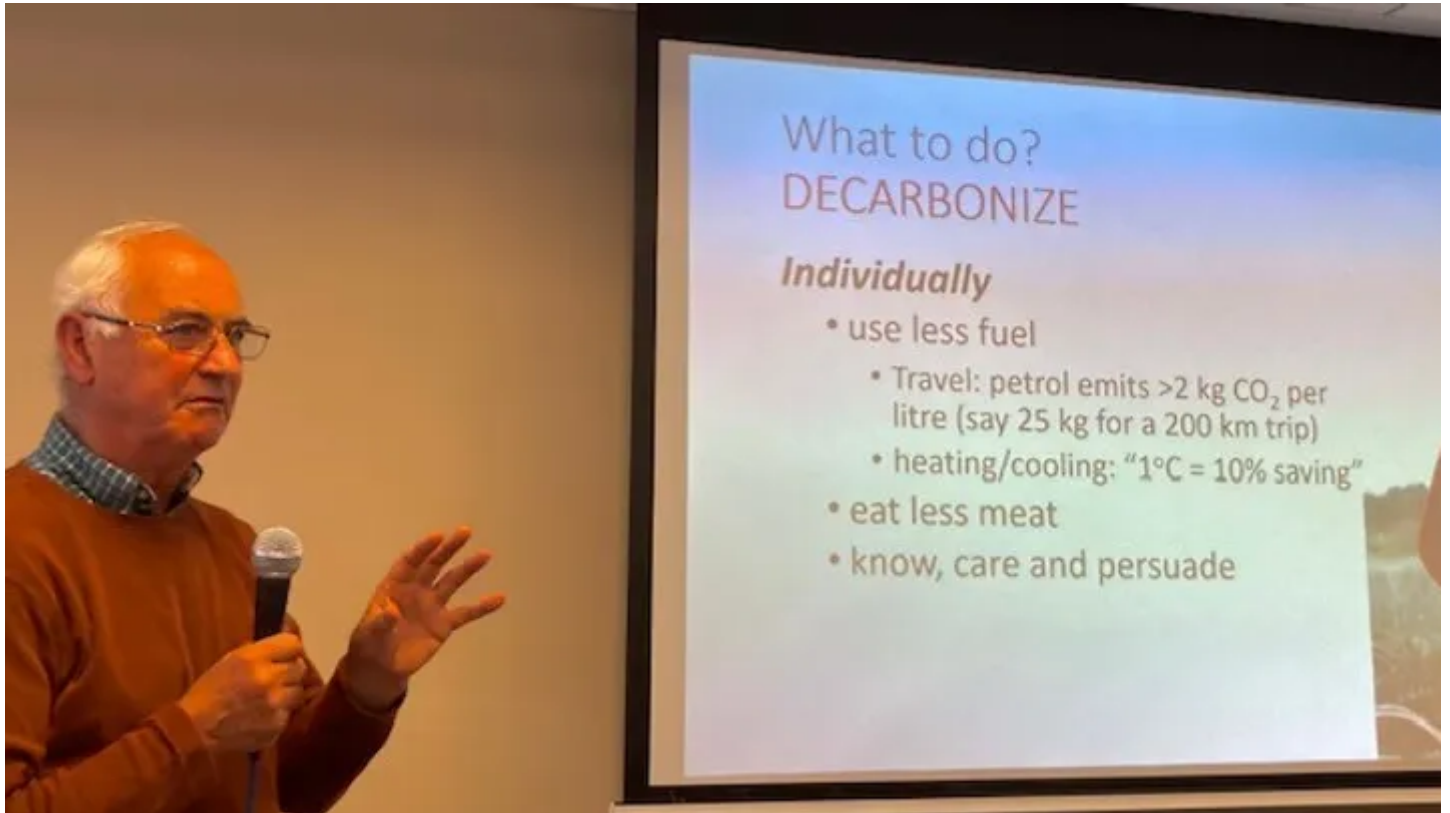
We briefly saw Mary in the Role of President and then as the Singer - Mary (2 hats) introduced the event.....and then they were off! Harmonies galore.

We were well supported by the York Community with excellent Raffle prizes. Alongside all of this we received a fabulous £500 donation from the Pavers Foundation who were delighted to support us in this way.



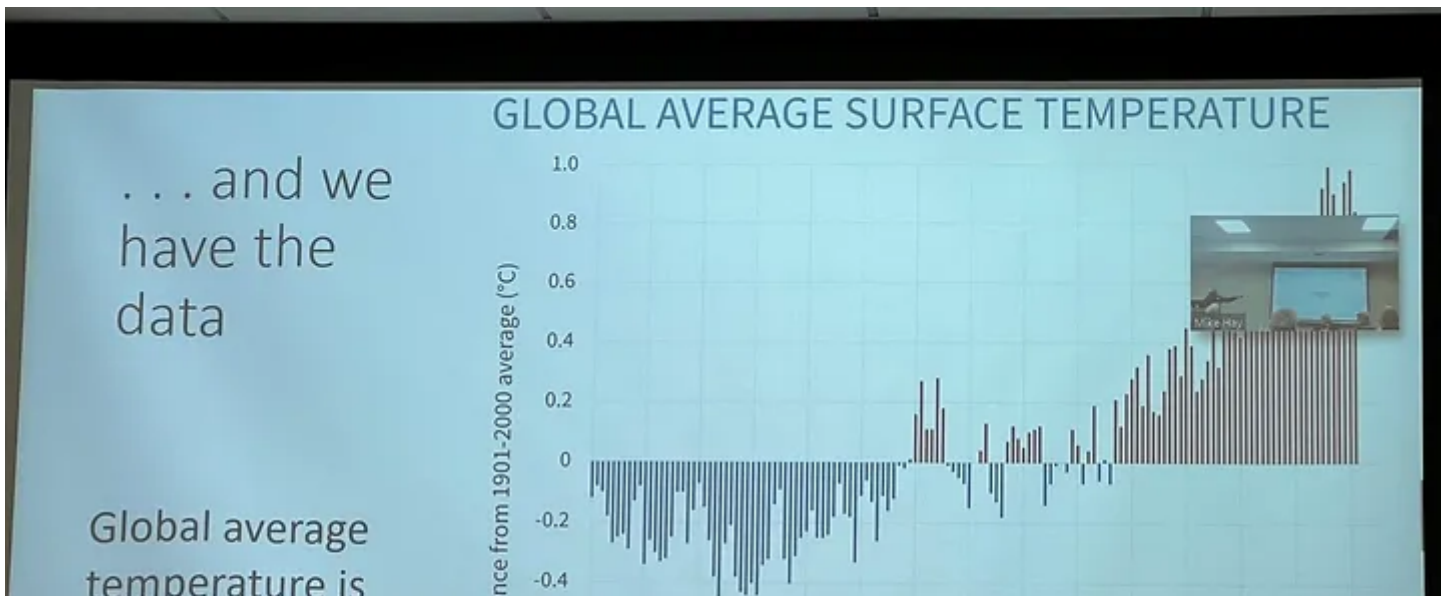
The event raised approximately £1,800. The total proceeds of the event will go to the Charity the Matthew Elvidge Trust as nominated by Sarah's parents. The charity supports bereaved families and young people's mental health and wellbeing, alongside suicide prevention and was known to Sarah and her parents and which Sarah supported during her lifetime including running the Fleet half Marathon.

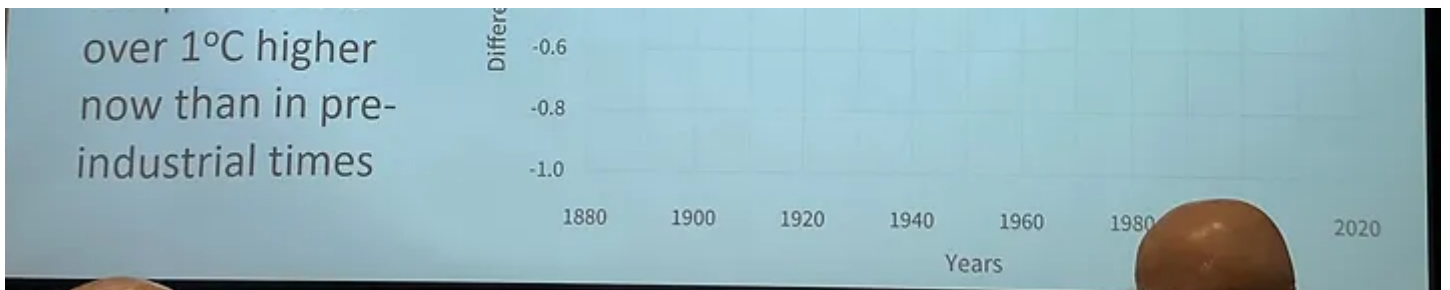
Climate Chaos - Someone else's problem



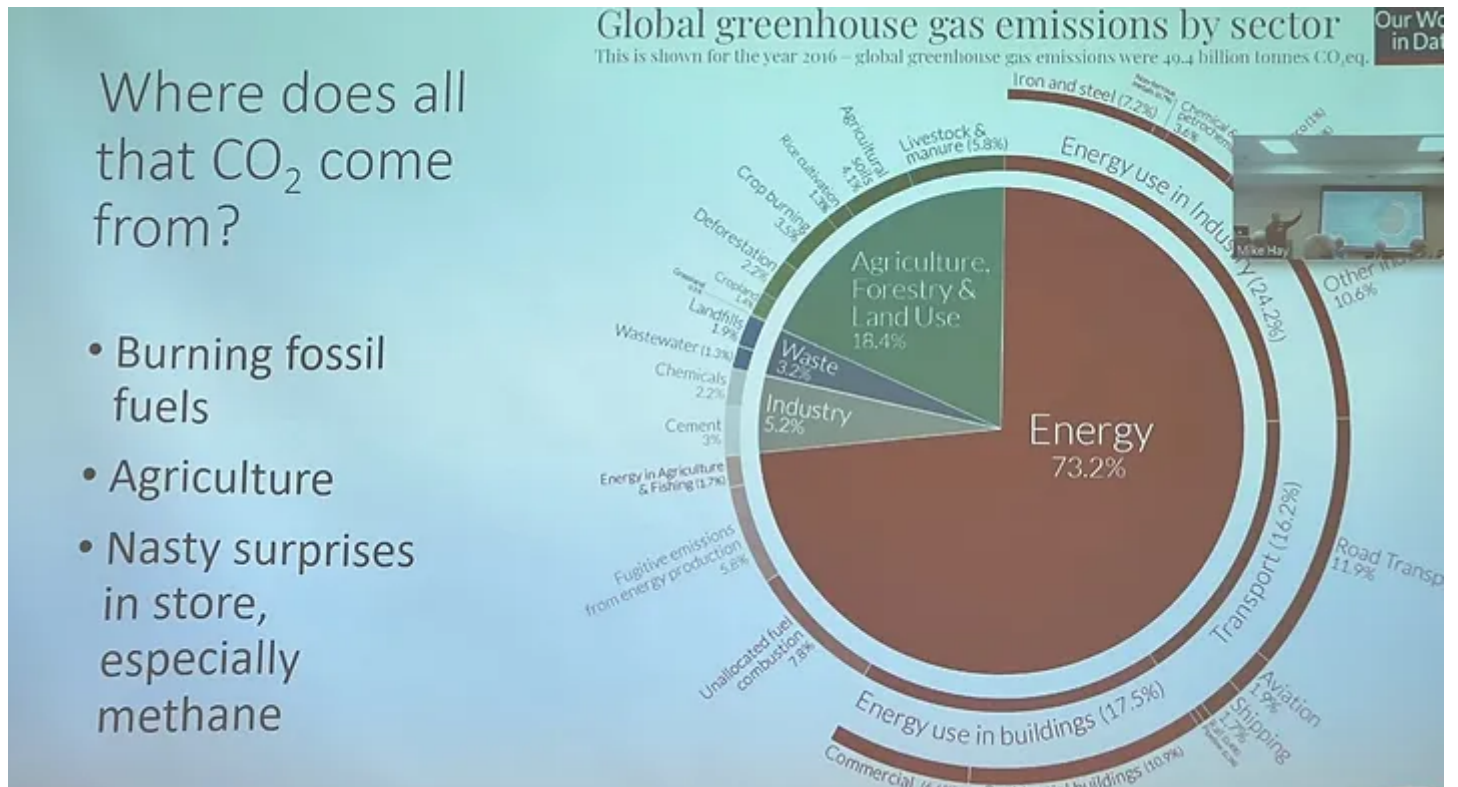
As the first talk in a series of speakers addressing climate change topics professor Alastair, an eminent academic ecologist outlined his conclusions that the recent unprecedented adverse weather events in different parts of the world were direct repercussions from global warming.

The physical evidence is irrefutable:- average global temperatures are increasing .oceans are getting warmer Ice sheets are shrinking, sea levels are rising





The scientific evidence is unequivocal - greenhouse gases produced from human activity. These gases, principally CO₂ and methane, trap and retain energy from the sun and this heats the planet.



The global population has grown from 1 billion in 1800 to 7.4 billion today. A human being emits an average of two tons of CO₂ annually and this accounts for about 7% of the total greenhouse gas output. Fortunately the population growth rate peaked in 1971 and is now declining.

The remaining 93% is produced by the expansion of developments and human aspirations since the industrial revolution. Significant scientific research confirms that CO₂ emissions from 1850 onwards are increasing 250 times faster than they did from natural sources before then and the ice age 10,000 years ago.

The implications of no action and resultant higher ocean levels was vividly displayed on a forecast map of England in 2100.

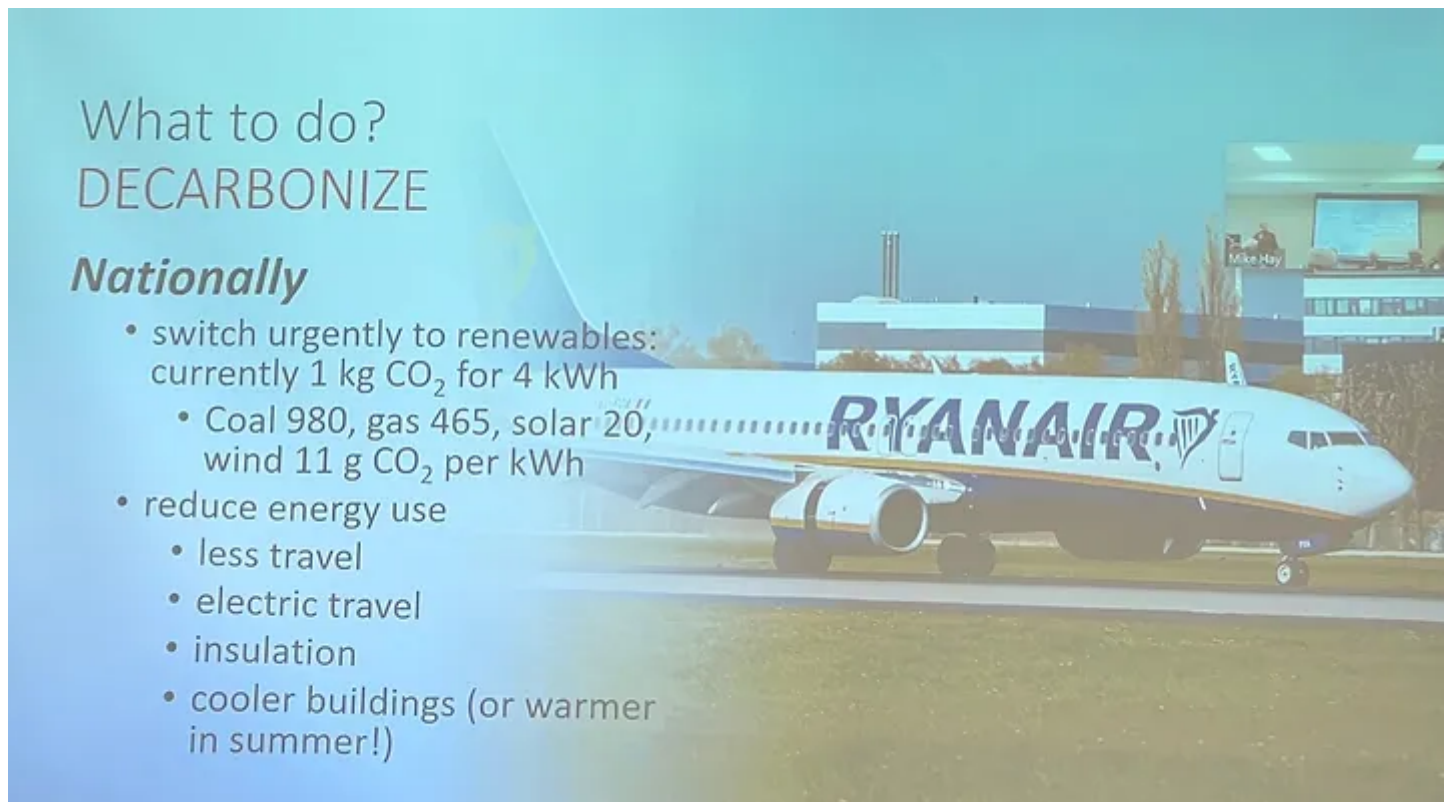
Belatedly the international community accepted that the status quo was not sustainable and the United Nations established a series of Climate Change Conferences. The Paris Conference in 2015 produced an international treaty committing 193 countries to substantially reduce greenhouse emissions and limit the

increase in global temperatures to 1.5% C. The UK government have legislated to achieve a zero carbon economy by 2050 .

What to do? DECARBONIZE

Nationally

- switch urgently to renewables:
currently 1 kg CO₂ for 4 kWh
 - Coal 980, gas 465, solar 20, wind 11 g CO₂ per kWh
- reduce energy use
 - less travel
 - electric travel
 - insulation
 - cooler buildings (or warmer in summer!)



Professor Fitted welcomed the UK development of strategies and sector targets but quoted examples of the sometimes conflicting decisions and messages emerging from politicians.

Questions covered the activities of China, India and other developing countries, the future scope for hydrogen as a clean source of energy and a loan voice indicated there may still be sceptics !!



The Webmaster Oct 5, 2022

York Archaeological Trust - Resource Centre Visit



York Archaeological Trust for Excavation and Research Limited. was created in 1972 and in 1984 opened the JORVIK Viking Centre. Since then it has welcomed over 20 million people from around the world, who come to learn about the Viking Age in York. In 2006, they expanded and DIG was opened. It now welcomes around 50,000 visitors a year, approximately 75% of whom are Key Stage 2 school visitors from the wider Yorkshire region.

York Archaeology is now the trading name of YAT with offices in Sheffield, Nottingham and Glasgow. Their Archaeological Resource Centre on Huntington Road, York provides a single site for the storage of its huge collections and archives. As an excavated archaeological collection developed over a period from 1972, it reflects developing standards in the care of retrieval, detail of recording and research and scientific analysis over the last four decades and is one of the largest collections outside London.

YAT also provides facilities for the analysis and conservation of material recovered by other organisations from a wide range of archaeological sites in the UK and internationally.

Our party was given a fascinating two hour tour of the centre by Ian Panter, Head of Conservation., York Archaeology. The range and distribution of this conservation element of YAT's operation was the first surprise –an artefact recovered from a 19th century dig in Egypt - wine bottles recovered from a ship which sank in 1684 carrying the Duke of York before he became James the 2nd. - timber from a roman building, stonework from a mediaeval abbey.

The scale of the stored collection is huge – remains of 1500 human skeletons – thousands of artefacts – digital photographs. The enthusiasm of the people we spoke to was very evident and the visit certainly opened our eyes to a significant aspect of YAT which is not widely known.



The Webmaster Oct 13, 2022

St Crux fundraiser



York Rotary held the second café and stalls event this year at St Crux on the 28th September.

Behind the Scenes

Firstly, a very huge thank you to all Rotarians and Friends who provided goods for sale for the stalls and café, be they Books/Bric a brac/ Better Stuff/As New Gifts/ Ladies Accessories/ Home Produce and lovely homemade cakes and scones plus provisions for the Café and helped in many varied ways.

Without that support we could not stage the event!

Secondly, many thanks to the people who help get the show on the road (and back home again!).

On the day itself

The café team was ably led by President Mary - now known as 3 hats Mary. The Café was steadily busy and fortunately the weather was good with people able to sit outside.

The outside Stalls were also steadily busy and the team were very good at pointing visitors to the Café. The Stalls looked eye catching too with the balloons and bunting, which certainly helps.

Challenges on the Day

The pigeon colony..... noisy, dirty with detritus and feathers everywhere with constant swarms throughout the day. One of our Members who was first to arrive at the Hall asked an elderly gentleman to stop feeding the pigeons but got short shrift. A number of Charities have had problems recently with this and the Church Warden is liaising with the City Council to try to resolve this as it is affecting trade to say nothing of the droppings, in our case, on the Bric a Brac stall and tablecloth...yuk!
Amongst the busyness, we had a first aid situation when an elderly lady tripped on the pavement outside the hall grounds. We brought her into the hall and Jan Dash, our First Aider, bathed her face which was badly grazed and sat with her for a while to establish she was ok. All in a Days Work!!!!

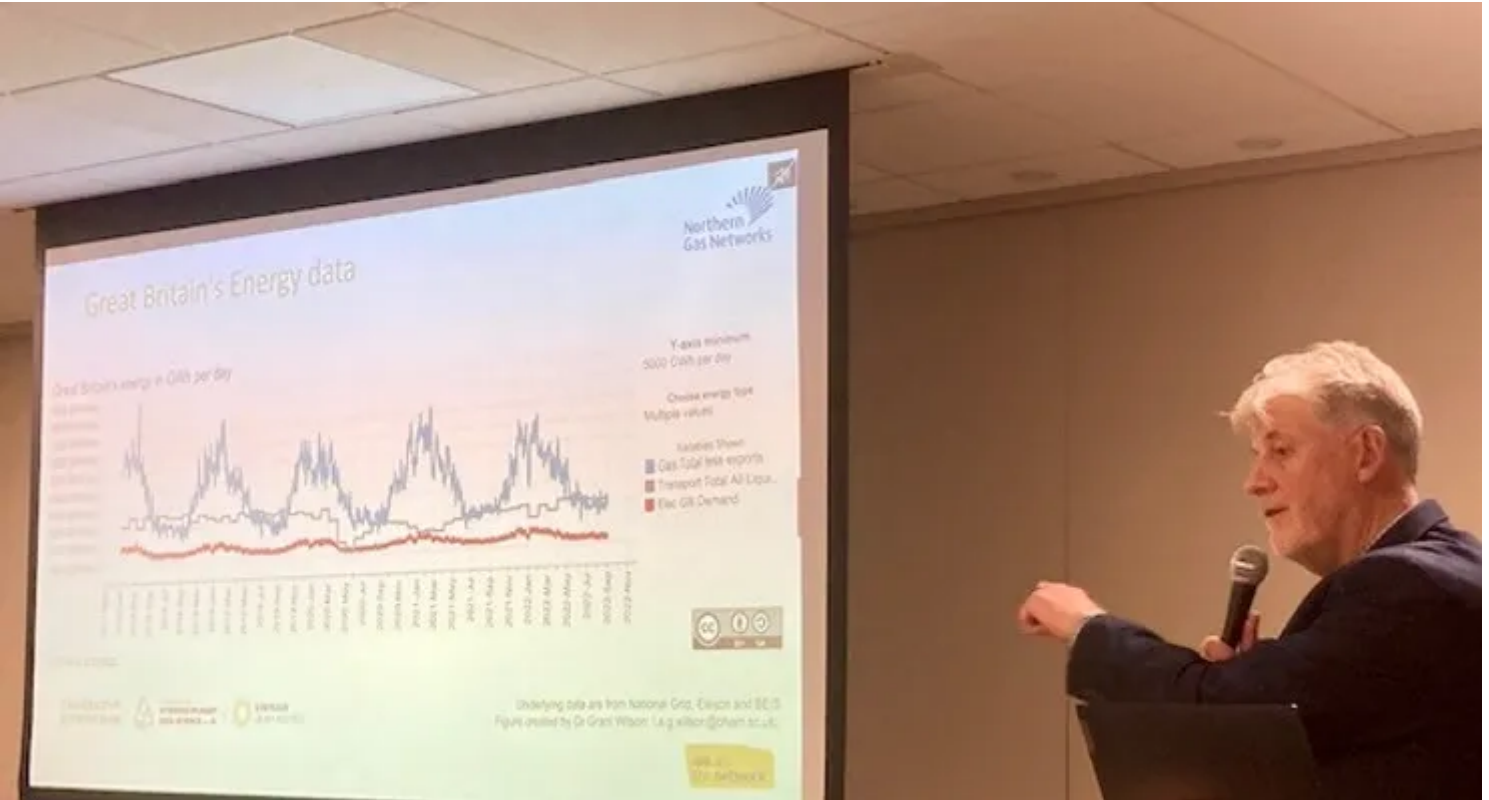
So what did we raise?

The event raised a fantastic **£1196.86**. Our Zettlers took £183.50 which is included in this total so it seems there is a place for contactless, but for this event cash remains more prevalent.



Energy Solutions - Gas

Updated: Oct 20, 2022



David Gill, Head of Customer Energy Solutions at Northern Gas Networks spoke to York Rotary on the 7th October. He had previously spoken to the club in May 2019.

David used a series of slides to illustrate and expand on his remarks, some of the slides are incorporated.

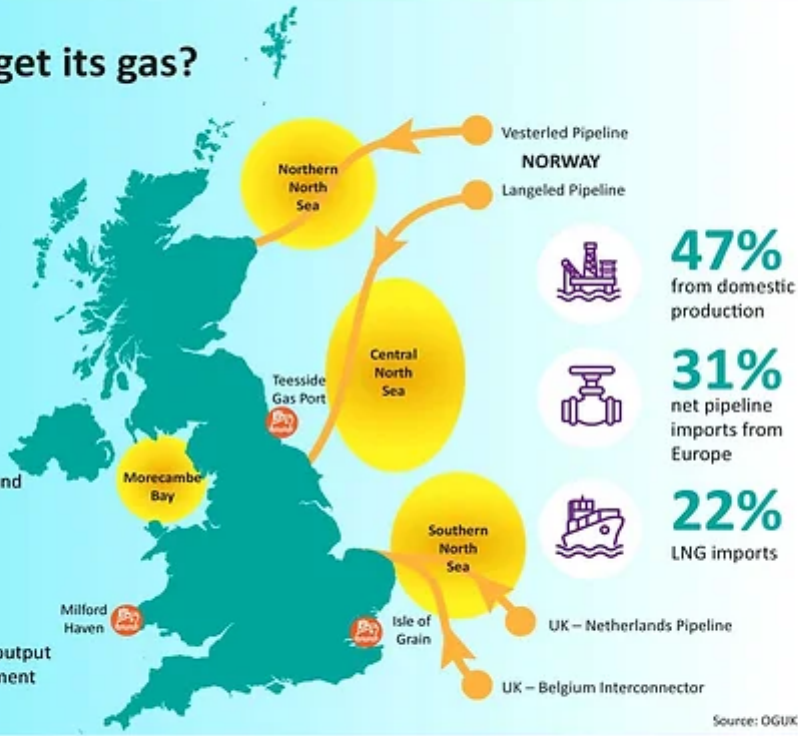
How does the UK get its gas?

- Pipeline
- Gas Field
- Liquefied Natural Gas (LNG) Terminal

74bn cubic metres
UK annual gas demand

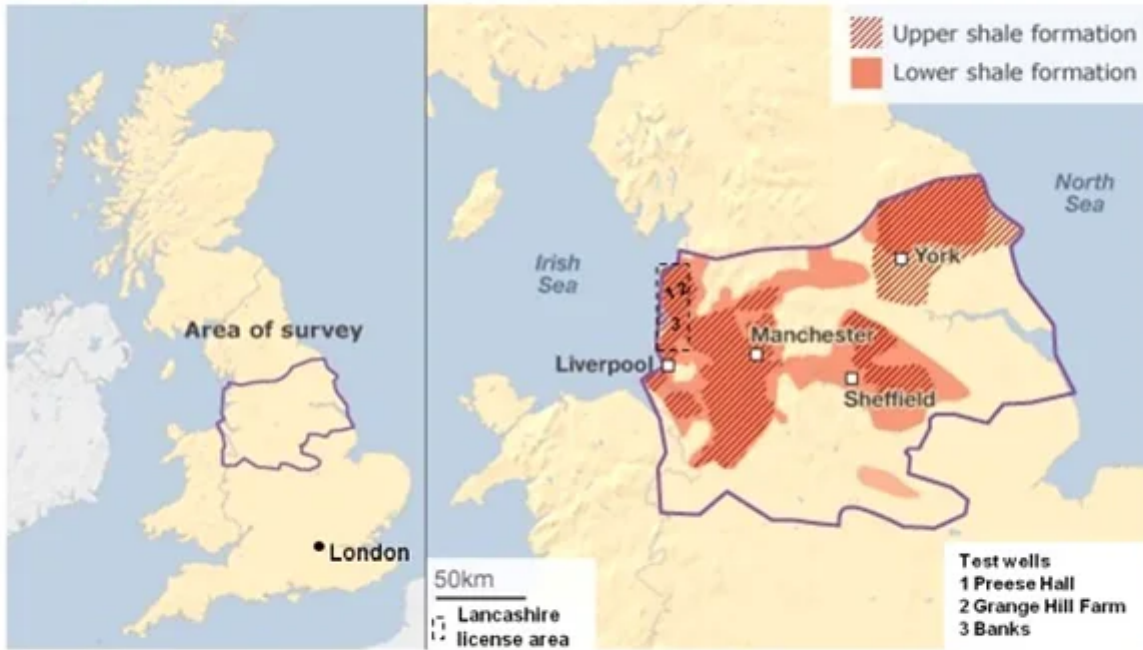
1,100 cubic metres/yr
Average gas used by each UK citizen

75%
decline by 2030
Decrease in UK gas output without new investment



we are the network

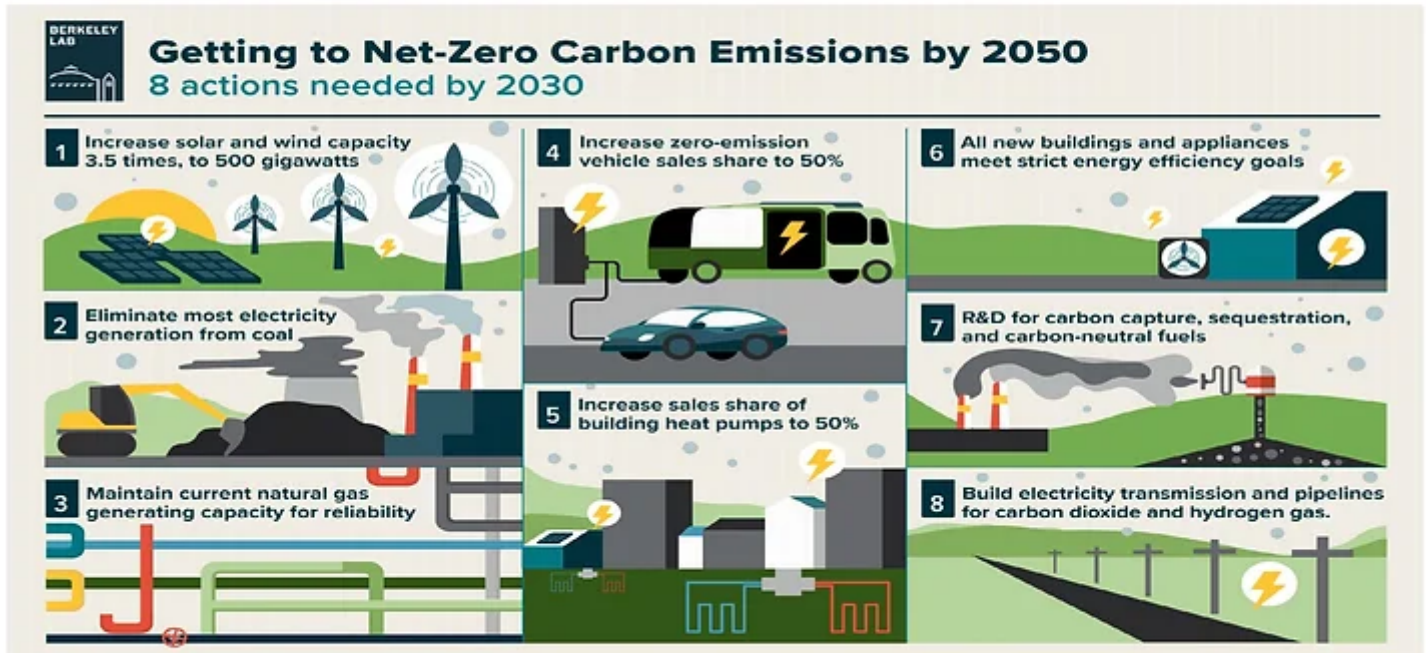
Prospective UK Bowland Shale gas field



we are
the network

There is perhaps more emphasis on energy from hydrogen in the slides than from other sources and our speaker pointed out that there will, in the future, normally be a mix of sources which will vary from country to country according to the distribution of those resources and of course other financial and political considerations. Recent history has emphasized the danger of being overly dependent on one source.

The Climate Change Act commits the UK government by law to reducing greenhouse gas emissions by at least 100% of 1990 levels (net zero) by 2050.



Many Rotarians have said that they look forward to a time when we can drive hydrogen cars.

Hydrogen freight – It is starting to happen



Question time was vigorous on this topical subject with all those present facing reassessment of their own household bills for fuel. It certainly appears to be a subject which will continue to occupy our attention in the years ahead.

The Webmaster Oct 20, 2022

The future of oil and other fuels under net zero carbon



The third of the Vocational month's talks on Energy & Climate Change was from the oil industry perspective. This was presented by James Spencer the CEO and Founder of Portland Fuel, a fuel oil supply and price hedging business based in York.

James based his talk around the alternative energy sources that that can be used to provide propulsion on land, sea, and air: Electricity, Hydrogen, HVOs (Hydrotreated Vegetable Oils), Natural Gas and Oil.

Electrically powered vehicles currently make up only 1-2% of all vehicles globally; they are the vehicle of choice for the next generation of car owners (cost aside), primarily as they are seen as 'cool'. The UK government are also encouraging this though their subsidising of public charging facilities. However, there appears to be a blind spot over the very serious strategic risk in 93% of vehicle batteries being supplied by China. Planes, ships, and HGVs just cannot afford the downtime while recharging nor the loss in carrying capacity caused by the deadweight of batteries.

1. Electric Cars

Ask anyone under 30 if they could buy an electric or a petrol car (and they were the same price) - how many would say electric?

Half? Most? All?

VW and "Dieselgate" killed off diesel cars better than any legislation ever could!

A brief revival for petrol cars. But it will be short-lived...

The next generation of car owners (if they are owners at all) don't care about "range anxiety", "power baseload" or even infrastructure

They mainly want electric cars because they are "cool"

The car manufacturers know this and the race is on...

There will always be "Petrol Heads", but we no longer represent the mass market

Fossil fuel cars to become collector's items...within 10 years?

Diesel cars much sooner...

MYSTIC MOG
Portland Fuel
Stability Insurance

Hydrogen provides another feasible fuel alternative much touted by the media. Although requiring storage at over 700 bar this a practicable option and it is much quicker to refuel than recharging a battery. There is a lot more work still required on the supply and distribution infrastructure for vehicles and logically it would be best suited to acting as a buffer fuel to store renewable energy that can be fed into back into the electricity grid at peak demand times.

3. Hydrogen

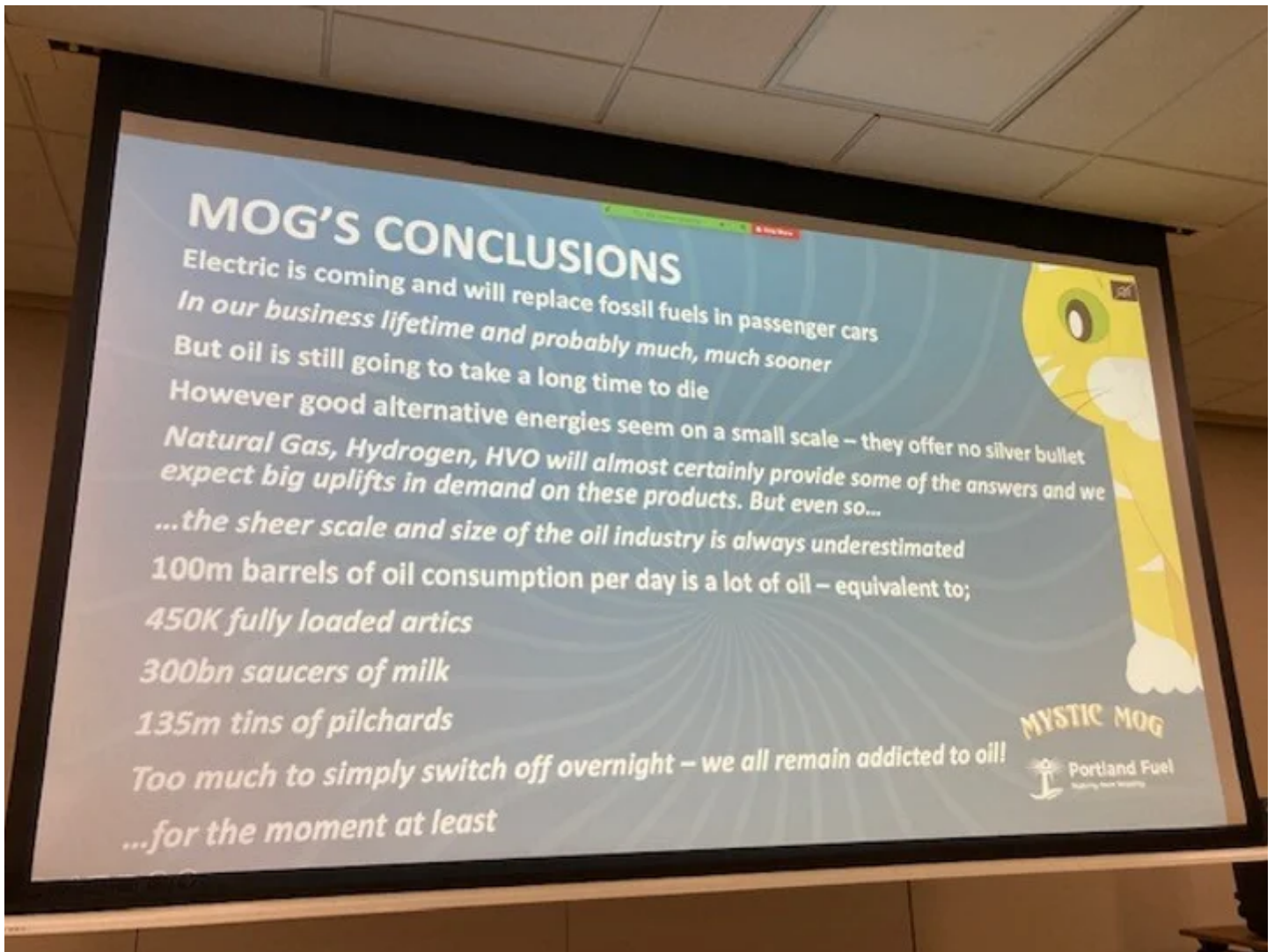
- Another alternative energy - gaining traction and much loved by the media
- Plus money talks and H2 is getting a lot of investment
- It is scientifically interesting...and yes, the science does work!*
- Converting hydrogen into either liquid fuel or a fuel cell uses existing technology*
- But making things work in a laboratory is not the same as producing at scale
- At present, the best way to efficiently produce mass hydrogen is by refining oil...!*
- Yes, wind powered electrolysis is exciting – but the easy win for wind is to just focus on displacing fossil fuelled power generation*
- Transport infrastructure for Hydrogen also looks a challenge - but there are other sectors
- Town Gas (ie, Natural Gas) in the 1960's and 70's contained up to 25% Hydrogen*
- Bottled Hydrogen distribution would be no different to the bottled distribution of LPG (propane and butane)*
- And H2 definitely packs a bigger punch than an electric battery

MYSTIC MOG
Portland

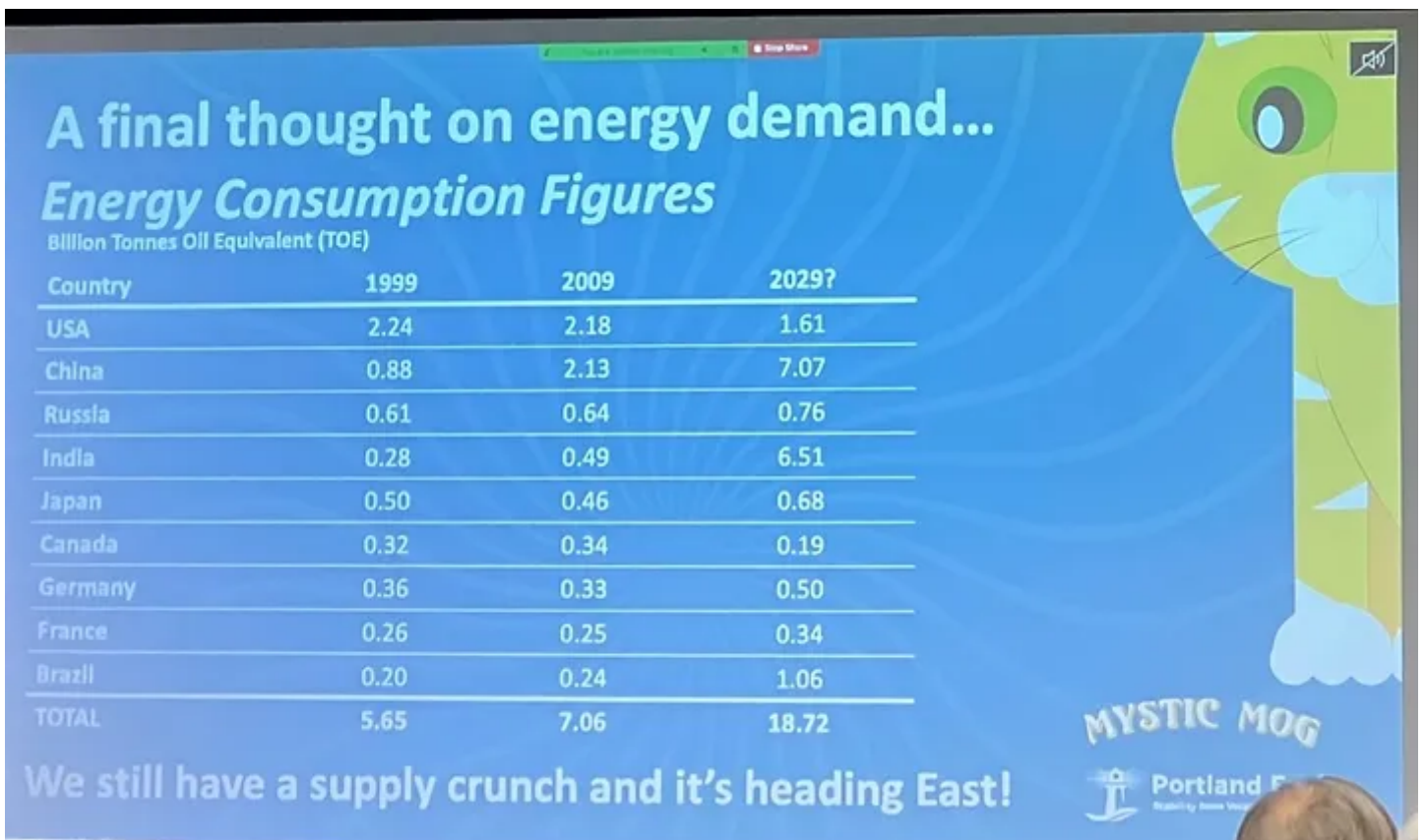
HVOs have a place in displacing diesel use and initially they were readily accepted as beneficial recycling of waste vegetable oil. However, increasingly virgin palm oil and tallow from rendering the fat off animal (cattle) carcasses is included, destroying its green credentials and acceptability as an environmentally acceptable alternative fuel.

Natural gas in compressed or liquified form is a cleaner burning fuel than petrol or diesel with no big technology changes required for its use. It has gained a lot of traction in the States where fracking has kept the price of gas cheap, unlike in Europe.

What of oil then, is its use in decline? No, consumption is already back to pre-pandemic levels at 16bn litres or 100m barrels per day, 70% of which is used in propulsion in some form or another. So while Electricity will have a significant place in powering cars and Hydrogen, HVOs & Natural Gas can offset some oil use in powering other forms of transport, Oil use will still increase. Why? Mainly because of continuing population growth, but more significantly as peoples in countries such as China, India and Brazil increase their standard of living and consumption of transport in all its forms.



James left us with some interesting projections regarding fuel consumption.



In answering questions, James referred to the war in Ukraine disrupting advances towards Net Zero Carbon because of energy supply dependency concerns and therefore the retention of dirtier fossil fuel sources. Also, absolute Net Zero by 2050 is not realistic as there will have to be offsetting to accommodate some of the very intensively carbon consuming manufacturing processes such as steel, glass, and cement. The hope is that carbon sequestration in underground caverns becomes more viable.

James left us with the thought that most people are like watermelons, environmentally green on the outside but definitely red, unwilling to pay any more for being carbon neutral, on the inside!

Marathon Baggage



On October 16th York Rotary were again on hand to provide the baggage store management for the annual Yorkshire Marathon, one of our regular "service in the community" events.



The morning shift!

Organised by Mike Hay, a team of 20 Rotarians turned up at the University of York Heslington campus - in 2 shifts - to collect the runners' bags and then return them after their exhausting endeavours.

With commendable care and organisation the morning shift of 10 (who were on duty from 7 am!) managed to arrange the bags in numerical sequence on the marquee tables. This is the key, and the afternoon shift were then able to retrieve them at astonishing speed, to the delight of the runners!



In fine weather, it was a great day and the task was made even more enjoyable by the camaraderie and fun that is all part of the nature and atmosphere of the Marathon event.

A good job done!



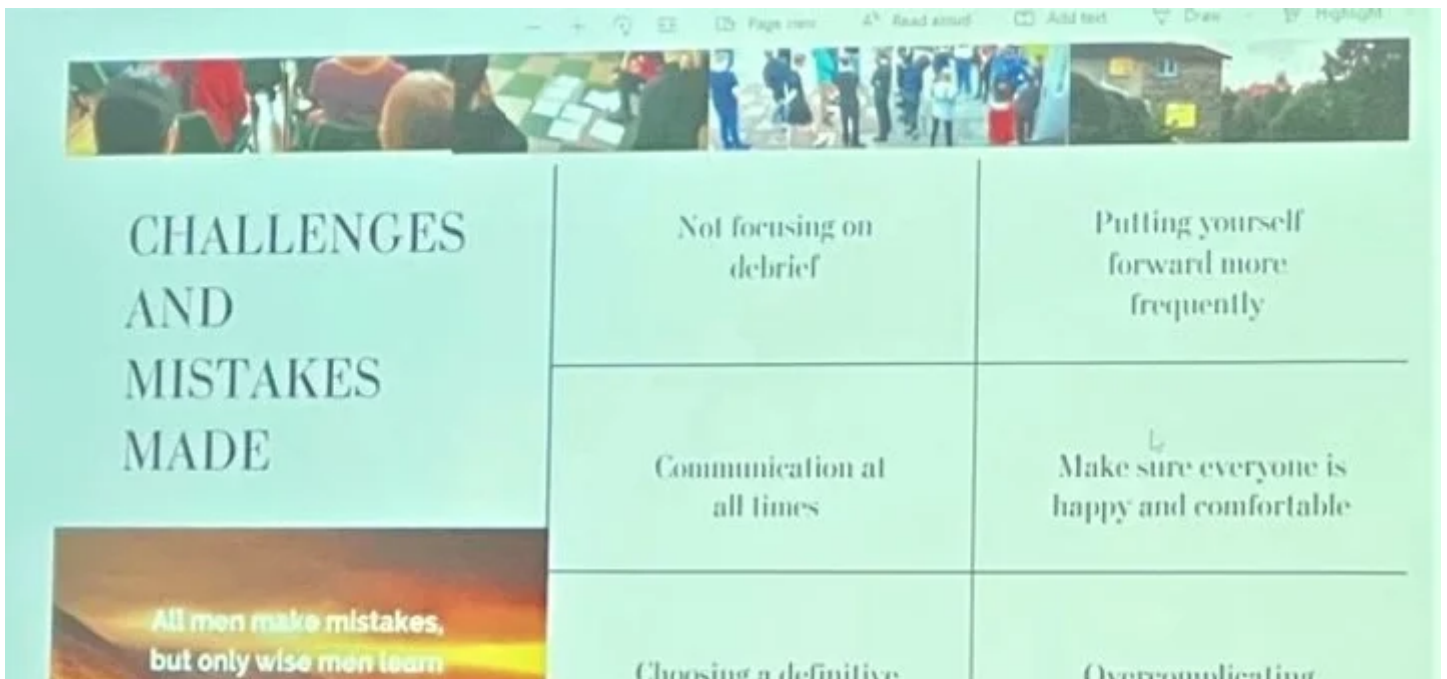


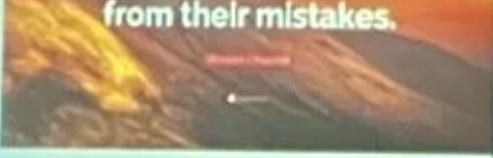
The Rotary Youth Leadership Award



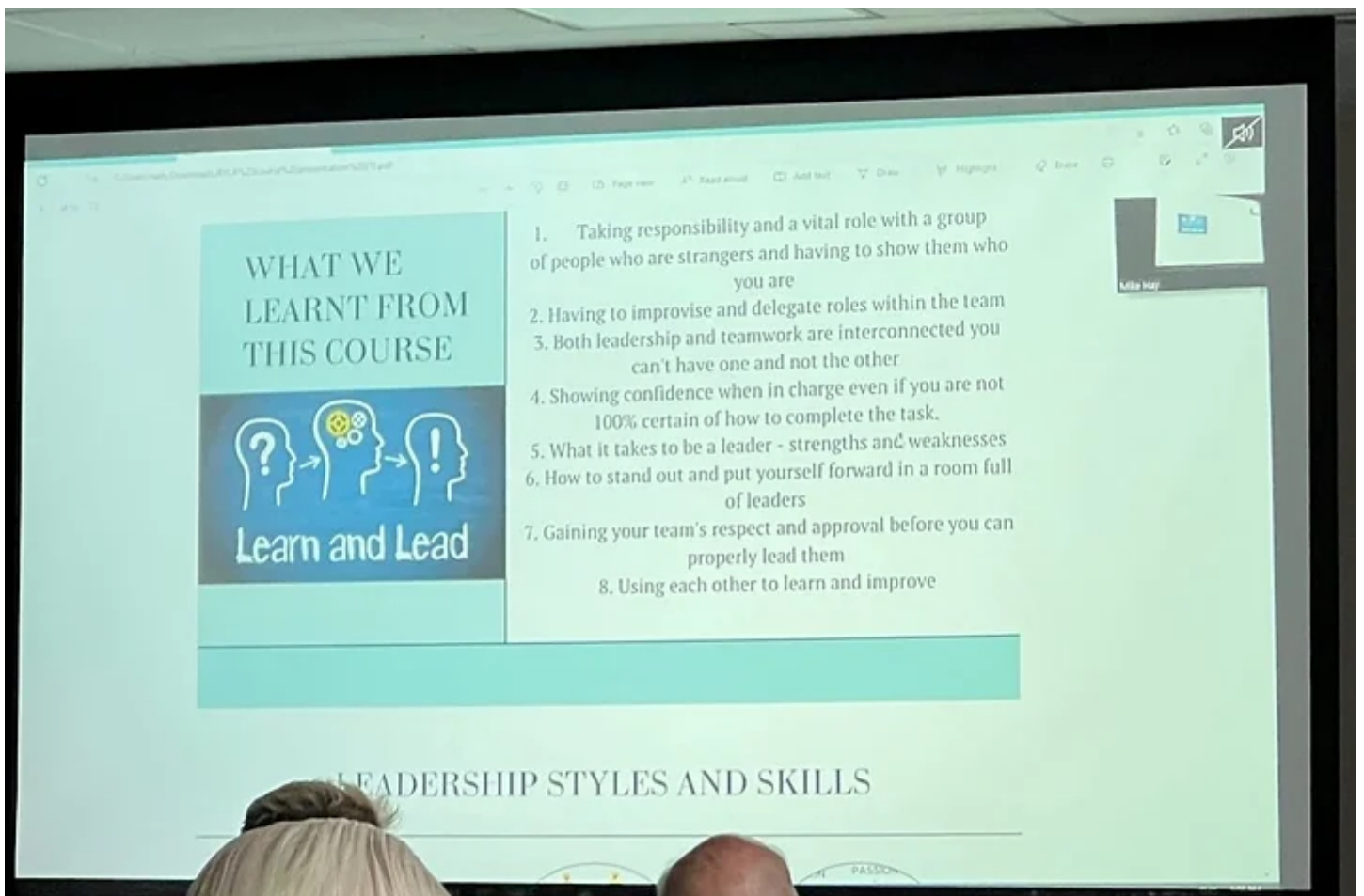
Rotary Youth Leadership Awards

On Friday 21st October, York Rotary's 2 RYLA Awardees Henry Blatchford and Laura Gatus came to report to the people who had sponsored their week's leadership training in July 2022. Henry Blatchford and Laura Gatus, both students at All Saints' School, had come through the competitive application process and undertaken the 5-day residential course at Hebden Hey in West Yorkshire. They were most appreciative of the opportunity and spoke of what they learned – about themselves as much as about leadership and teamwork. They had created an impressive presentation which focused on how they had approached various tasks and sometimes surprised themselves – in particular, Laura had identified that she is actually a good team player and Henry that he can lift spirits and motivate others when things are not going to plan.



	<p>leader</p>	<p>tasks not as effective</p>
	<p>Using people's past experiences</p>	<p>Looking at the task from an open two way perspective</p>

Also present were Alex Healey, Henry's mentor and Richard Galliford, Laura's mentor. It was uplifting to see the joy of reunions and the pride with which the mentors listened to the joint mentee report. Rotarians present were impressed, pleased to welcome all of them and recognised Henry and Laura's improved confidence, self-awareness and understanding. Warm applause expressed our congratulations.



For those who don't know what is RYLA?

RYLA is a leadership development course run on behalf of Rotary by professional instructors and volunteer mentors. In teams, the awardees experience mainly outdoor challenges and learn things about themselves, about working in a team and, more importantly, about leading and supervising other people. Activities are designed to highlight the problems of leadership in a practical situation and to allow each course member the opportunity to take on a leader's role as well as be part of the team. Regular feedback is given on individual and team performances, not only by the staff but also by other course

participants; in this way the wider perspective is understood and the young people can take this learning forward, set new challenges and adapt their approach for the next task.

Each of the 3 Rotary clubs in York sponsored 2 places on RYLA 2022 and will do so again in 2023.



York Rotary Oct 23, 2022

October's Walk

Nigel reports....

On a fine Autumn day on October 19th, 9 walkers met near Menethorpe in the Howardian Hills to do a circular 4.5 mile "woodland walk".

It started and finished over a swaying Grade II listed iron suspension footbridge, dated 1885 which spans the River Derwent to link Menethorpe with Huttons Ambo.

As we left Low Hutton the path descended westwards to a track leading through Huttons Bank Wood above the York/Scarborough railway.

The area is designated AONB and certainly lives up to it with beautiful views across the Derwent Gorge to the Wolds beyond.

After the walk we drove to an old favourite The Blacksmiths Arms at Westow for sustenance..



York Rotary Oct 29, 2022

A Vision for Coney Street

Nigel N reports...



The speaker for our **evening meeting** on October 28th was Max Reeves, development Director at York based Helmsley Group, who had been invited to reveal details of their Vision for Coney Street.

Max explained that much of their work focuses on buying quality property in prime locations with long leases and tenant covenant strength, to then be offered for investment by professional clients, qualifying high net worth individuals or sophisticated Investors.

Many of these acquisitions are taking place in York, though they also have sites elsewhere in the UK. He showed graphics of all their York locations, highlighting the recently purchased blocks along Coney Street – units 1-7, 19-33 and 39-43.

These take up a considerable proportion of the southern side of the street and all have frontage to the River.



Coincidentally President Mary's Thought-For-The Day was for us all to adopt a theme of Optimism following the recent political upheavals and doom-laden forebodings. Max certainly took this message on board, describing how Helmsley's Masterplan aims to transform the currently somewhat dismal Coney Street by building on its long heritage as a thriving hub of commerce, culture and community whilst opening it up and reconnecting this area of the city with the River Ouse.

A major feature will be the creation of a footway alongside the river and three wide paths leading up to the street. His optimism continued in the face of many searching questions from an audience of around 70 members and guests, even to the extent of his aspiration of getting early planning in place, the required investors lined up and construction completed within a "few" years.

Frank likened this Helmsley vision to the Esher Report of 1969 on rejuvenating Aldwark – and which was subsequently acted upon.

We shall see..... but it was a very exciting presentation.



York Rotary Nov 4, 2022

DRAGON BOAT AWARDS EVENING



The end of the Dragon Boat season is marked by an evening held at the Mansion House (courtesy of the Lord Mayor) where teams gather for an awards evening.

On November 2nd over 20 teams were represented as the Lord Mayor, Cllr David Carr, presented the Challenge Trophy to the overall winners, Tadcaster Swimming Pool, represented by Chris Porter.

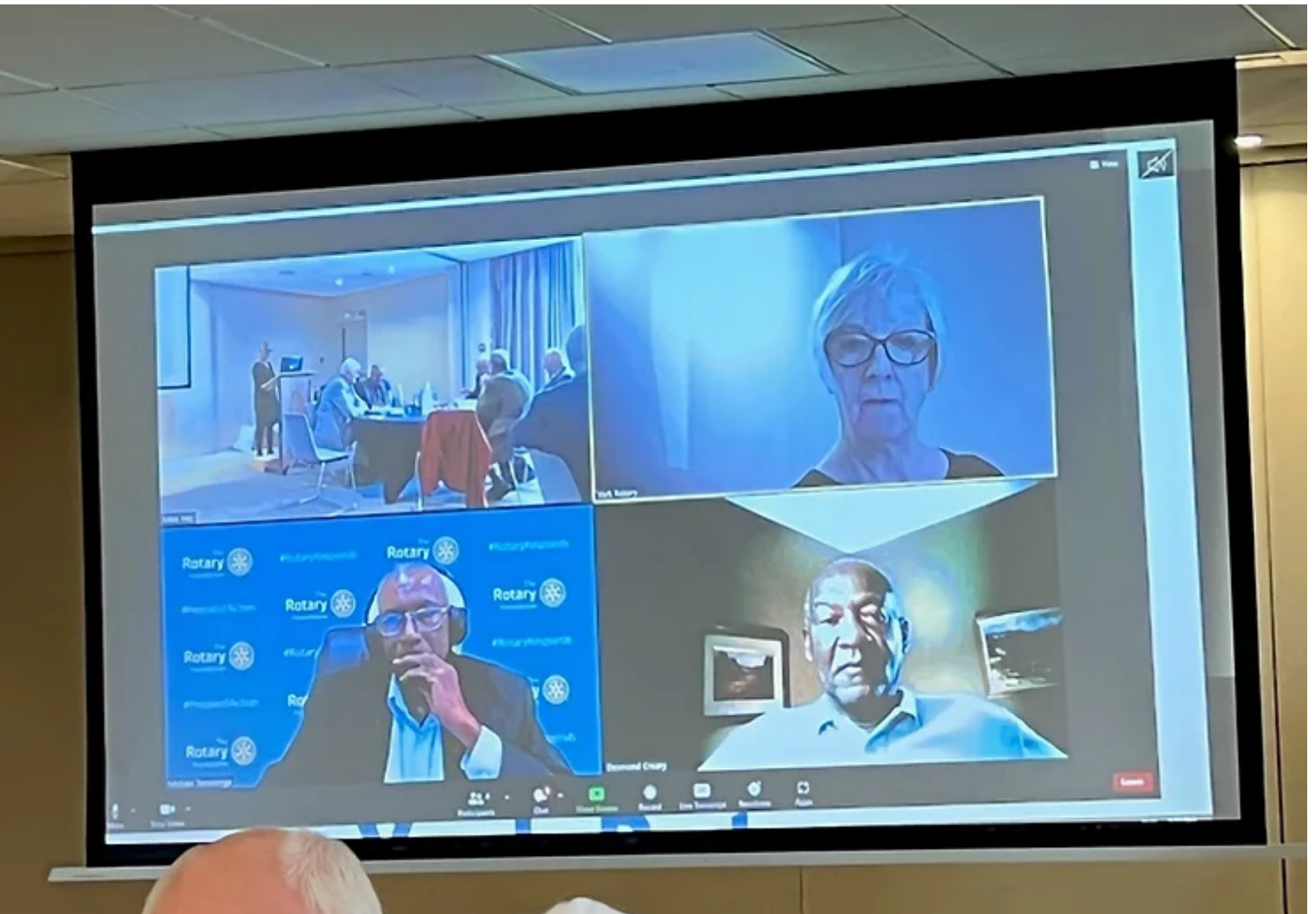
Other award winners can be seen on our comprehensive photographic record of the event [here](#)

As well as presenting cheques for £13,600 each to our two nominated charities for this year (Accessible Arts and Media; and Antibiotic Research UK) we also announced the 2023 charities selected. KYRA Womens Charity were represented by their CEO Rosemary Cook; and Big Futures Foundation by their Chief Executive Michelle Foulks.

We are grateful to the Civic Party and all our other guests for attending this very pleasant evening where the excitement of Dragon Boats was re-kindled. Questioned about whether they will taking part next year (July 9th) the teams' response was universally "Oh Yes!"



Protecting the Environment



The speaker for our lunchtime meeting 04/11/2022 was Michael Terralonge who joined us by Zoom from his home in Spanish Town, Jamaica. Michael is a board member of the Environmental Sustainability Rotary Action Group (ESRAG) and also a board member of the Disaster Network of Assistance Rotary Action Group (DNA-RAG). He opened Foundation month by speaking to us about Foundation's 7th area of focus, protecting the environment, and the work that ESRAG is undertaking and how this cross-cuts with the work of DNA-RAG.



Michael told us that climate change, its causes and effects, have become something of a personal issue as he and his family are experiencing quite dramatic changes at home in Jamaica and seeing the wider effects in the Caribbean region, but also stretching from Florida in the USA to the northern countries of South America. Michael went on to explain that Rotary has a voice in the international climate change talks; COP26 in 2021 and the upcoming COP27 talks in 2022.

Michael's work with DNA-RAG focus's on improving the lives of people immediately following a natural disaster. Districts that have been affected by natural disasters can use Rotary disaster response grants to launch their own projects or work with established relief organizations to help their communities recover. Grant funds can be used to provide basic items such as water, food, medicine, and clothing. Districts work closely with local officials and groups to ensure that the funding will meet a specific community need.

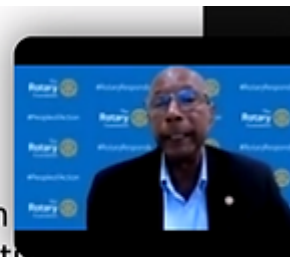


His work with ESRAG provides an organizing point and informational resources to share information with clubs and communities about sustainable practices and the global humanitarian crisis of climate change. ESRAG aims to identify environmental leaders within the Rotary world, then to assist them in initiating environmental service projects that are meaningful to them, offer help, and acknowledge and publicize their work. ESRAG has six main areas of focus: biodiversity, sustainable living, pollution, climate, food systems, circular economy.

Michael finished by telling us about applying the Rotary Four Way Test to climate change.

Applying the Rotary Four Way Test

REC



- 1. Is it the truth?** The science behind the climate crisis is clear, with agreement by an overwhelming majority of the world's climate scientists. The urgency is increasing
- 2. Is it fair to all concerned?** The current and future consequences of climate change will be unfair to all on the planet,
- 3. Will it build good will and better friendships?** Rotary's contribution to slowing and eventually stopping runaway climate change is already building good will and better friendships
- 4. Will it be beneficial to all concerned?** Taking action will bring benefits to all humans and the environment.

Michael Terrelonge's screen

More information can be found by visiting:

<https://esrag.org/>

<https://dna-rag.com/>

The Webmaster Nov 13, 2022

Rotary Peace scholar from Syria



The speaker at our lunchtime meeting 11/11/2022 was Salam Mohammed who joined us, together with his wife Sozan, for lunch at the Novotel.

The second of our Foundation speakers, Salam told us about his experiences of returning to his home country of Syria, after studying English Literature in the UK, to find it in conflict which led to civil war and , over time, caused many people to flee to neighbouring countries. Salam himself became a refugee, making his way to the Kurdistan Region where he made the decision to become a volunteer to try to help his fellow refugees.





Salam's voluntary work was predominantly with women and female children, under the broad heading of 'education and welfare', working with women and children who were victims of gender based violence. Salam also told us how he worked with groups of men to try to educate them so that they would understand the repercussions of gender based violence on families.

Salam was chosen by Rotary to travel to Thailand to study at Chulalongkorn University, but his course in peace and conflict resolution was conducted over Zoom due to the pandemic. Salam then received a 2021 Rotary Peace Fellowship grant to study in the UK and is now settled into his studies at the University of York. Once he's graduated, Salam plans to return to Syria and the Kurdistan Region to continue to develop his skills and help his people to rebuild their lives.



Salam and Sozan are resident in student accommodation on Fulford Road, close to the Novotel, so there is no doubt that we will see them again at lunch sometime and receive a brief update on how things are going.

The Webmaster Nov 18, 2022

Pocklington canal walk

On Wednesday 16th November a group of thirteen members met at Canal Head, of the A1079 near Pocklington for a walk along part of Pocklington canal. Because the planned walk was essentially a flat one it was nice to see some members who do not always join the Rotary walks.



The canal was completed in 1818 at a cost of £32,695, it went from Canal Head to East Cottingwith. The canal stopped at Canal Head because it was considered too expensive to extend it by the short distance to Pocklington, the result was that the need to transport goods by cart onto Pocklington effected the viability of the canal. The canal was mainly used for the transport of coal and agricultural produce. The upper portion of the canal was last used by commercial craft in 1932, use by pleasure craft soon stopped soon after because of the poor condition of the lock gates. Whilst the locks have been largely restored over recent years the portion of the canal from Canal head to Beilby is no longer navigable, it is maintained as a Site of Special Scientific Interest.

After the heavy rain on Tuesday we were delighted to have a dry morning and some nice light shining on the autumn colours. We walked along the tow path for just under 2.5 miles, on the way there were three locks that we were able to look at and talk about. Graham Wilford tried his hands at operating a lock gate, he was impressed by how easily it moved. We also admired swans on the canal.



The walk was going to cross the canal by a swing bridge and come back by a slightly different route, but given that the ground would have been very wet and that we wanted to be on time for lunch we turned round and retraced our steps.

Members enjoyed the walk, followed by lunch at the Plough in nearby Allertorpe.

The Webmaster Nov 20, 2022

End Polio Now update

Updated: Nov 23, 2022



Janet Crampton, Rotary District 1040 End Polio Now coordinator visited to give an update on how the fight against Polio is going, bearing in mind the difficulties facing the organisers after 2 years of Covid. She began with quite a worrying start by informing us that sadly the numbers of cases in Pakistan have risen to 20 this year. This tied in with another worrying set of 8 cases in Malawi, which had been clear of Polio. She told us that she is looking into these cases as it may mean that Africa loses its clear of Polio status. However it is good news that there have been only 2 cases in Afghanistan, with the Taliban now giving undertakings of supporting the Vaccination drives there.

Janet felt that it feels fragile, as the numbers of cases tell the story, our promise to eradicate Polio is precarious and what happens to Africa's status? However when we look at the problems in Pakistan there are very mitigating factors, especially when we look at the terrible floods they have had recently, when so much of the country was under water, and thousands of people lost their homes, with 3 million children in need of humanitarian assistance. In spite of this the Government commitment in Pakistan is strong,



and their surveillance and recording systems are effective. It is also good that the Polio programmes are being integrated into other vaccination and social health programmes, with their on the ground team dedicated to eradicating this horrible disease.

She reminded us that the numbers of children being vaccinated regularly are massive. In India alone 174 million infants under 5 were immunized in their vaccination day, the 20th January 2020. When we think about it the

numbers being vaccinated every year is very impressive. We must keep up the knowledge about the vaccinations at home. The Gates Foundation fund continues into 2023, and Clubs are still committed to polio awareness and fund raising. She also encouraged us to think about going out there to help, 'as seeing is believing'.

Our thanks go to Janet for a very stimulating and encouraging talk, whilst not belittling the problems we still face in helping to eradicate this horrible disease. Janet is stepping down as the District Coordinator next year, does anyone fancy taking it on?

York Rotary Nov 21, 2022

Physionet Shipment to Ukraine



Physionet has been operating since 2004, sending out surplus NHS equipment - often in unused condition - to over 29 developing countries across the globe.

Founded by Peter Thompson, it has always had a very close relationship to Rotary, particularly in Knaresborough. Our own Club has supported their operations in both driving/collecting equipment, sorting and checking it, and loading it onto container trucks.

An amazing 125 shipments have been made over the years, and on November 20th the 126th was destined for Zaporizhzhia, Ukraine with desperately needed medical equipment, blankets, mattresses and personal items.

Zaporizhzhia is at the front line of the war, under constant shelling, and just across the Dnipro river from the Russian-held nuclear plant.

Peter Thompson (left in picture)





About 20 volunteers turned up to load the Ukrainian truck which was driven by Vitalii Volenko.

Four York Rotarians and partners were there to help, together with other Rotarians and volunteers from Catterick Garrison.



Dave and Tom taking a well-earned tea break!

BBC Look North were there to record everything, and a 3-minute spot headlines that evening's Look North programme, featuring the loading, and interviews with Vitalii (*photo left*), Peter, David Kaye, Physionet's chariman, and a Ukrainian refugee living in Knaresborough, Elina Kryrchock who helped with the loading and was the interpreter for Vitalii.



Although York Rotary has always helped and had a special relationship with Physionet, it was a particularly poignant morning seeing how they are giving such direct help to this war-torn country at a specially difficult time.



York Rotary Nov 24, 2022

Daffodil Project

Updated: Nov 29, 2022



Daffodils around Clifford's Tower in York have been a wonderful Spring feature for many years, but more recently the original planting has been reaching "end of life", so **English Heritage** embarked on a major project to re-plant 100,000 bulbs around the tower's slopes.

The daffodils are a hardy variety called February Gold which will flower for over 30 years. They have six petals, and the re-planting is a memorial to the Jews in York who were massacred (or took their own lives) in 1190 following a siege by an angry mob at York Castle Tower as it was then. The 6 petals represent the Star of David. (*read the story of the event [here](#)*)

After commercially planting the majority of bulbs using a unique machine from Holland that was able to cope with the 35 degree slope, the final few hundred bulbs were planted on

November 23rd by groups of children from two Primary Schools in York - St Georges and Fishergate; and quite a number of the public also took part. English Heritage gardeners were on hand to supervise the

planting.

Photo courtesy of English Heritage

York Rotary were asked to help by producing a



gazebos (which became a very popular sheltering place!) and the children thoroughly enjoyed the event, relishing the drinks, snacks and of course receiving their certificates.



certificate and personalising these for each planter; and by providing refreshments on site. Jane Albon led the team of 7 Rotarians - in a very organised manner - at short notice and everything was set up by 9am in front of the Tower.

Unfortunately this coincided with the most torrential rainstorm in many weeks, but undaunted, the team had erected the two



Photo courtesy of English Heritage

Photo courtesy of English Heritage



Elly Fiorentini from BBC Radio York was there to record a broadcast including interviews with families, English Heritage and others involved - and Rotary got an honorable mention!

Elly was most excited, however, when presented with her own certificate!!

Eventually the sun came out around lunch-time, so the day ended in good spirits all round, and a feeling that Rotary had provided a community service that had been much appreciated.



Postscript: Our Rotary Gazebo was later spotted drying out in David Fotheringham's garage!

The Webmaster Dec 6, 2022

Is the mental health of young people another covid epidemic?



Antonia Clarke, Mental Health lead at St.Peter's school gave a talk about mental health and the young.

Antonia, with over 30 years of experience of working with young people, is ideally placed to be able to outline the challenges facing our young people and society in general at the present. She refuted the idea that the mental health difficulties being experienced by the young could be regarded in a similar light to the covid pandemic but did make the very important point about how the isolation of covid had exacerbated any inherent potential problems.

Antonia was quick to emphasise that the proportion of our young people who were affected was about one in six, a minority, but a very significant one. This proportion had increased from one in nine before the pandemic. The very real dangers of social media and the availability of dangerous sites about self-harm and suicide could not be over emphasised, she said, and this, coupled with the young's obsession with their mobile 'phones', was dangerous to the point of wickedness. She expressed her regrets about the watering down of the restrictions in the Bill at present being prepared for the Commons.

The system and availability of support for the pupils at St.Peter's was covered in some detail and Antonia emphasised the extra demands the mental health difficulties of some of our young people was placing

on teachers throughout the system.

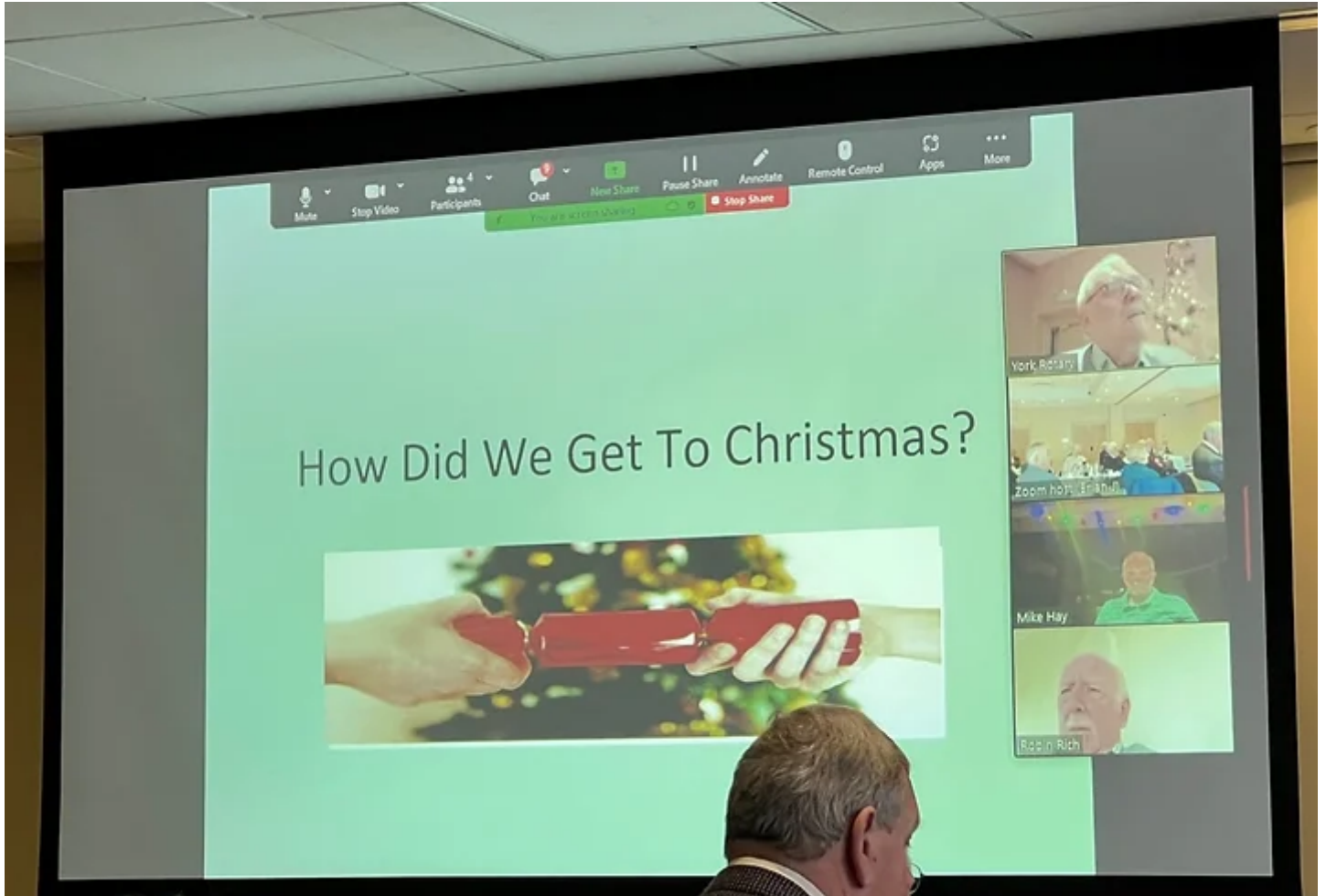
A talk delivered with real passion and commitment to the task Antonia held her audience completely during the talk about this difficult but important topic.



The Webmaster Dec 13, 2022

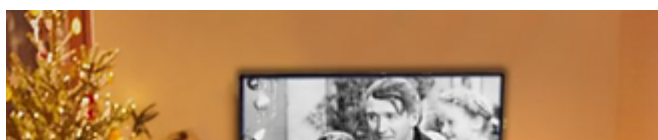
How did we get to Christmas?

Updated: Dec 14, 2022



On December the 9th we had a very informative talk from our very own Mike Fieldsend who is quite a guru on the subject of Christmas having given us a brilliant talk on the history of Pantomime last year!

Mike informed us that celebrating around the Winter Solstice is as old as Stone Age man! Indeed reference to a 'Yule' log may have come from such times when prehistoric man sat round his fire keeping warm! Throughout history humans have hunkered down during the shortest days of the year and made life a little more pleasant for themselves with a warm blaze in the hearth, candles, evergreen decorations and good food.





It was the Roman Emperor Constantine who brought Christianity to this country and introduced the celebration of the birth of Jesus as also around the Winter Solstice. The exact date of Jesus' birth is unknown but it is celebrated by Christians as December 25th.

Nowadays Christmas as a Christian festival has also been adapted and adopted as a 'Holiday Season' with many influences from Europe such as Santa Claus, fir

trees, cards and gifts and from the USA we have Turkey and Tinsel! Mike also told us of the important role Charles Dickens' novel 'A Christmas Carol' has played in establishing the Christmas period as one of showing kindness and generosity to others.

A wonderful talk Mike which explained so much about why Christmas traditions in this country are so complex and varied.

The Webmaster Dec 17, 2022

Socks for the Homeless



A big thank you to all members, family and friends of York Rotary/Inner Wheel , York Health Trust Podiatry department and the St Andrew society for their kind donations. Together well over 600 pairs of socks, underwear, knitted hats and scarves were delivered to Carecent a homeless York charity at the Central Methodist Church, St Saviourgate, York.

The club have supported CARECENT for many years and will continued to do so with the Community Service rucksack project. CARECENT is a breakfast club for all homeless, unemployed or otherwise excluded members of our community .

Rotarian John Lacy said "A pair of socks may only be a small gesture but makes a real impact especially during this cold spell. "

This year York rotary has been joined by the York Hospital Trust Podiatry department. Podiatrist Kai said " Keeping your feet warm and dry during the winter months isn't just important for good foot health and comfort, it's also important for good overall health. That's why we are delighted to join York Rotary.

The socks, hats etc (many brand new) were delivered early on Saturday morning the 17th December as volunteers served breakfast. One volunteer (photo below) said "Your club have been once again

amazingly generous and they could not have been delivered at a more appropriate time given the cold weather and as we put together essential Christmas packs which are given to the homeless needy on Christmas morning ”

John Lacy



Christmas lunch and entertainment



York Rotary held its Christmas lunch meeting at the Novotel on Friday 16th December. The meeting was attended by 101 Rotarians, partners, friends and guests. It was fantastic to see so many people at the meeting, the highest number we have had at a meeting since pre-covid times.

As always the lunch at the Novotel was excellent and it was our chance to thank the Novotel for looking after us so well in what continue to be challenging times.





We were joined by Major Kay Cullingworth of the York Salvation Army along with a group of Salvation Army Musicians. Kay lead us Christmas music, Christmas carols which were able to sing along to and readings.



Kay also told us about the work of the Salvation Army in collecting Christmas gifts from various sources, including public collections at the Tesco Clifton Moor and Askham Bar stores. In all 1,200 gifts were collected enabling the Salvation Army to support 355 families with Gifts for a mixture of children and adults. That work will make a great difference to those families and the Salvation Army should be congratulated on that work.

The meeting finished with President Mary wishing everyone a very happy Christmas and New Year.





York Rotary Dec 19, 2022

News from Ukraine

In November, we reported on the latest **Physionet** shipment to Ukraine ([read here](#)). Aided by several York Rotarians, the shipment - the 126th such overseas aid trip made by this local charity supported by several Rotary Clubs - was to Zaporizhzhia, the southern Ukrainian city that is frequently in the news due to its almost constant shelling from Russian forces.

The shipment of surplus NHS medical equipment was obviously sorely needed by the long-suffering citizens of Zaporizhzhia, so it was a particularly poignant and special moment when the truck left the Gelsthorpe Farm Physionet base (on the A59 towards Knaresborough), with Ukrainian driver Vitalii - himself from Zaporizhzhia - at the wheel.



Having already featured on the BBC Look North news programme on the day of the shipment, a further news bulletin was broadcast by the local Ukrainian TV service when, 5 days after leaving York, **the shipment arrived safely in Zaporizhzhia**. You can see this below in the compilation video produced by Physionet - this contains the original BBC broadcast; followed by the Ukrainian TV segment (at timeline 3:25)

It's always nice to hear about the conclusion of such a worthwhile journey!

York Rotary Dec 20, 2022

Pre-Christmas Chilly Walk

Updated: Jan 7

Jane Albon reports..... When Steve Burton suggested we did the New Woodland Walk in December, I enthusiastically thought it was a great idea. I also enthused about a new restaurant that had opened nearby, and in the blink of an eye it was suddenly Jane Albon's walk. We all met at Al Volo Italian restaurant at Rufforth Airfield on December 14th.



Freezing conditions, minus 4 degrees, and brilliant sunshine made it a perfect start. Thirteen walkers and two dogs set off to find the Rufforth to Knapton Cycle Track.

Completed in 2014 and costing £130,000, it was a ten year dream of Cllr. Helen Butterworth to unite the two villages again with a safe track suitable for walkers and cyclists (Helen's late husband was a member of our club). A flat walk, 4.5 miles there and back, took just over 2 hours.

A backdrop of hand-painted, frosted trees and fields, made an idyllic setting for easy walking and talking. The traditional half way stop for Port and mince pies surprised everyone: thank you Nigel.



Arriving back at Al Volo, we were all a little nervous that the new restaurant may not live up to its reputation. We shouldn't have worried as the welcome, service and food all surpassed expectations.

Not a bad view either!

A good time was had by all and made a great end of year walk.



The Webmaster Jan 5

Still helping the people of Ukraine (December 2022)

The constant bombings of Ukraine's infrastructure are ruining the lives of civilians even more in these cold months. People are cold, they have nowhere to warm up, electricity does not work, and cooking is not possible. The harsh winter in Ukraine has affected everyone.

York Rotary is helping as a link in the supply chain of humanitarian aid to the people of Ukraine. York Rotary Members and their friends collect specifically requested donations, which are sorted, packed and stored until they are collected by **Hope and Aid Direct**. Hope and Aid Direct are a UK based charity that has been delivering humanitarian aid in Europe since 1999. York Rotary supported their work with refugees on the Greek Islands of Lesbos and Chios and are now supporting their delivery of aid to help the people of Ukraine.

York Rotary Current Collection

On New Year's Eve, 46 boxes of aid were collected from our Drop Off Point in Askham Bryan, these are now in the hope and Aid Warehouse in Basildon and will be transported to Ukraine as part of a backload leaving around 16th January 2023.



Since the war started, York Rotary and friends have sent

120 boxes of tinned and dried food

13 boxes of men's, ladies and children's warm coats and jumpers.

14 boxes of blankets

5 boxes of toiletries and sanitary items (152 boxes in total)

28 sleeping bags

Hope and Aids partners in Ukraine are Integra and Ukraine on Palms. Our donations are distributed by them, directly to the people of Ukraine where they are living.

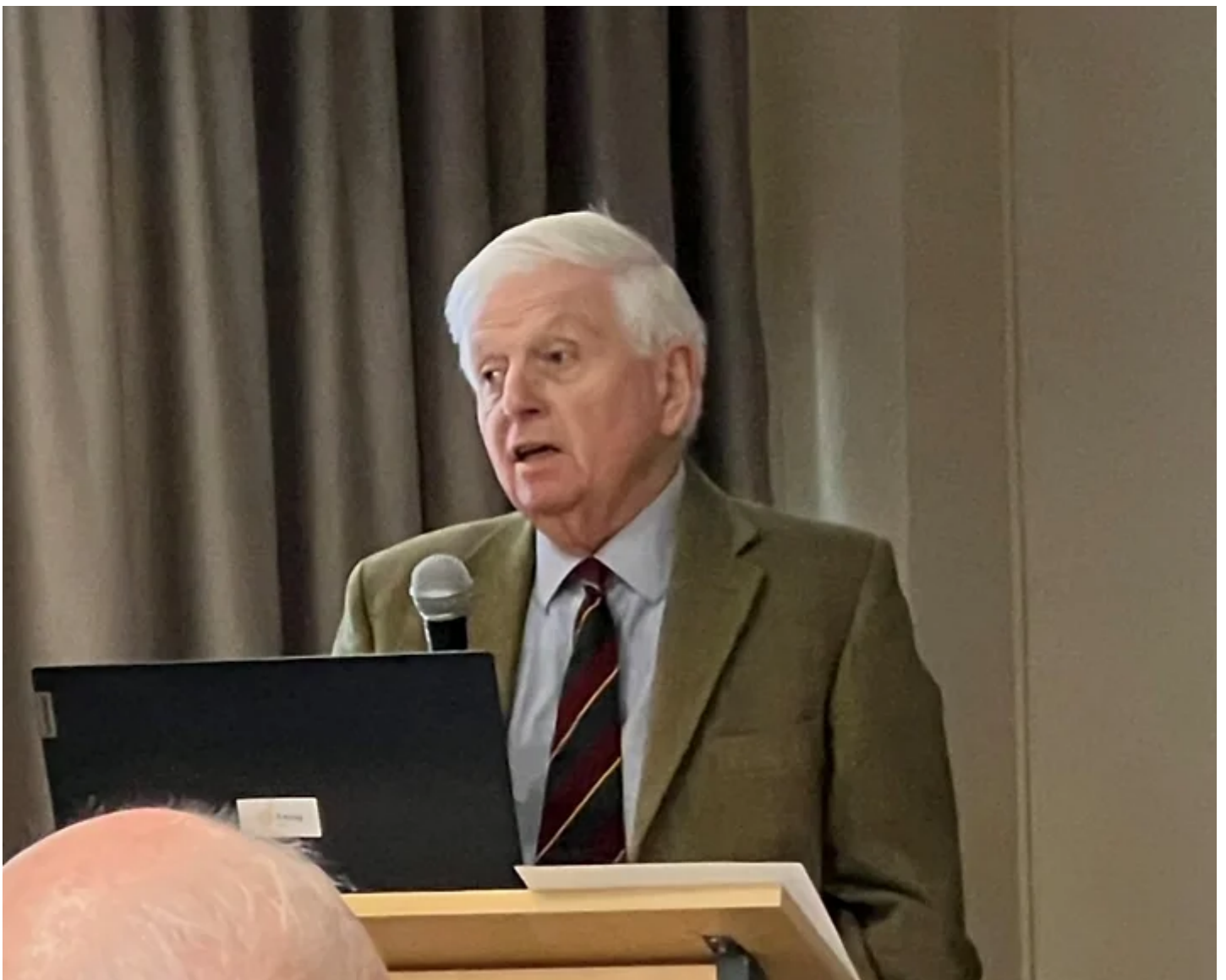
Sergeyi, a partner in Ukraine, says: "*We have had a difficult time, 10 months of war. I want to say a big thank you to everyone who has supported us, helped us. We are grateful to you from the bottom of our hearts for everything. You have given us your homes; you have helped to secure many things. This winter is very important for us, it is difficult, for civilians, soldiers, women, children. Please stay with us....*"

The CURRENT PRIORITY is getting people through the harsh winter by providing warmth, light and food. Food, hygiene/sanitary products, winter coats and electric generators are URGENTLY needed.

Integra say "*We know how big a problem food security is in Ukraine. In areas where fighting is taking place, this is extremely difficult. Shops do not have enough goods, and many people do not even have anything to buy it with. They have lost their jobs and are living on savings, which, however, are quickly running out. Frosty evenings and nights in the dark and about hunger are terrifying. If, on top of that, sirens are still roaring and bombs are flying over their heads, life is extremely difficult.*"

The Webmaster Jan 8

SNOWBALL PLANTATION



On Friday 6th January York Rotary welcomed Allen Warren, the President of the Ebor Scout District of Yorkshire, who came to tell us about the Snowball Plantation. Throughout his career in the History department at York University Allen has played a large part in the Scout movement, having served as County Commissioner and Trustee of the National Association and is uniquely positioned to talk about the Snowball Plantation.

Allen explained how Snowball was originally granted to the Scout Association by the Church Commissioners in 1968 and has recently celebrated 50 years of its existence. The centre, situated near Stockton-on-the-Forrest has a site of some 18 acres with central accommodation which can sleep up to 40 youngsters, including facilities for 4 disabled, with appropriate kitchen facilities on site. There are also several areas for camping around the site amongst the trees which means more than one group can be accommodated at the same time.



Allen emphasised that, although Snowball is owned by the Scout Association and used by many local scout and cub groups it is not at all exclusive and is available as a facility for almost any other group – even Rotarians! The site is pleasantly and indeed quite heavily wooded but with very accessible paths throughout and, with a central catering facility is available for hire.

The organisation of Snowball relies heavily on volunteer labour and the only income comes from the fees paid by those groups making use of the facility. The organisation is involved at present in applying for funding to upgrade the residential facilities but Allen was anxious to emphasise that awareness of Snowball, and what it has to offer, needed to be spread as widely as possible.

Keith Hayton

Note: York Rotary, through the Community Service Team, donated £750 to Snowball in the Autumn towards the cost of machinery which would be used by volunteers in the maintenance of the site.

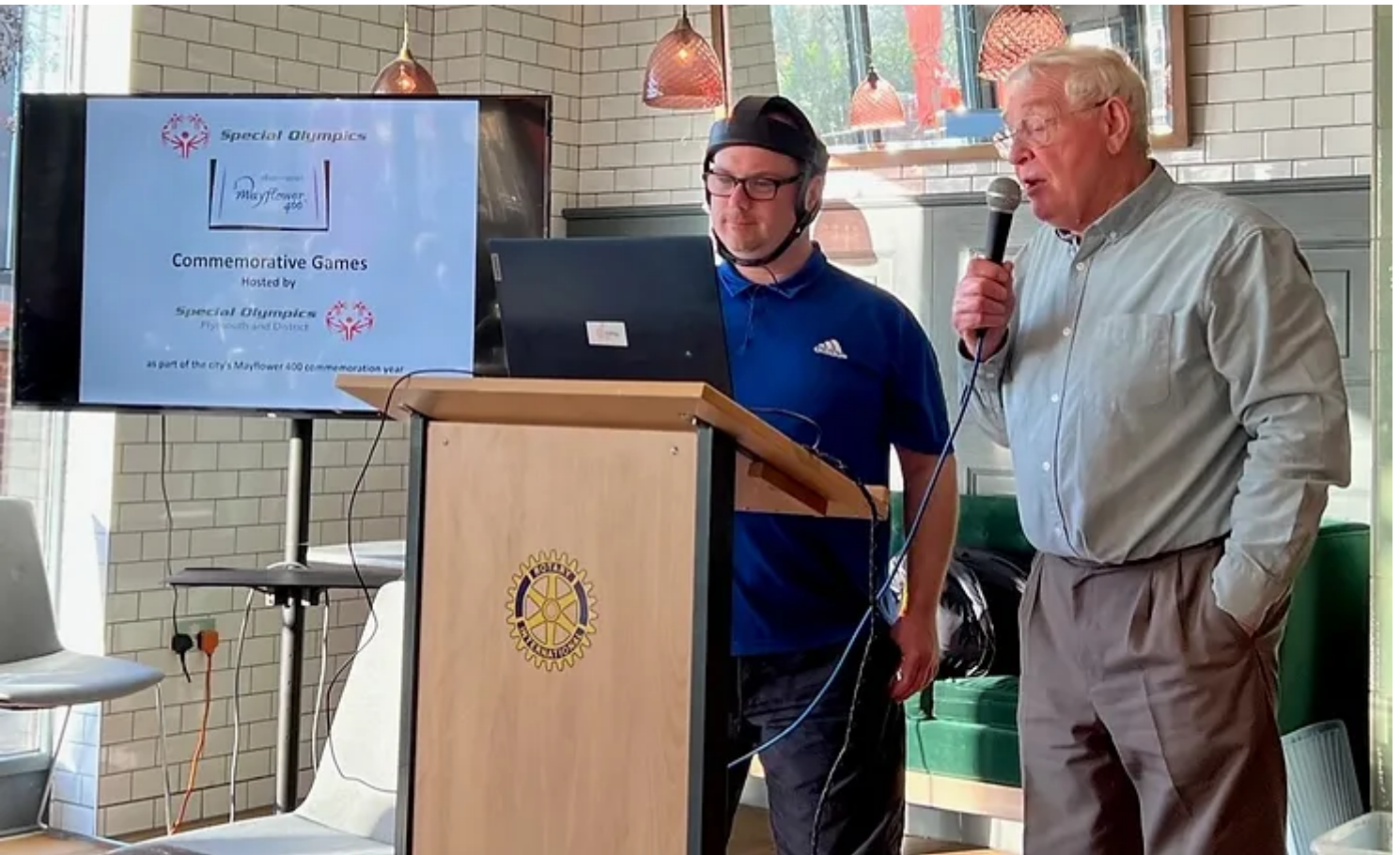


SPECIAL OLYMPICS



Starting our meeting on Friday 13th January Mary Lumley talked about Paul Harris the founder of Rotary and she mentioned the following very relevant quote "It is easier to interest men in war than in peace, it therefore requires more moral courage to talk peace than war". Sadly that quote remains very relevant in today's society.

Our speakers were Andy Webster and Andy Ashley Gibson of York Special Olympics, they explained that Special Olympics, as distinct from Para Olympics, is for athletes with intellectual disabilities. It is an international organisation, and in June 2022, after much postponement from Covid, an Olympiad was organised in Plymouth UK.



York has a number of groups of such sportsmen and women covering athletics, swimming, bowls, boccia and tennis. They operate independently but come together in a loose association to take part in regional and national events. Andy tutors the bowls group but also acts as co-ordinator of the York grouping. The York bowls group won a place to compete in the Plymouth Olympiad and Andy described the hard task of raising funding, logistical organisation, accommodation and managing the group's attendance at the event.

Ashley, as one of the bowls competitors, gave us his personal account of taking part. A life enhancing experience for him. The long coach journey to and from Plymouth was as much a highlight as participating in the bowls, and he was able to convey the sheer joy of being part of a the large competitive event. To cap it, they won a bronze award for their efforts!



The presentation clearly conveyed the dedicated good work of those organising and running such sports groups, in York and elsewhere, to bring enjoyment and ambition to those with permanent disabilities. And it endorses our decision to offer funding to them.

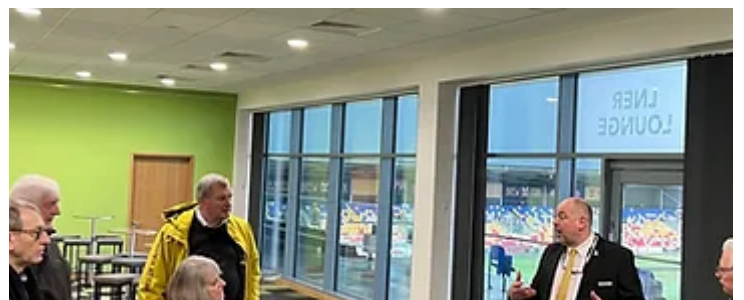
The Webmaster Jan 28

York Community Stadium visit



A group of twenty from York Rotary were fortunate to have a guided tour of York Community Stadium on Friday 27th January. The visit looked at all three main areas of activity at the stadium.

We started by looking around the hospitality areas and we learnt about the complexities of catering connected with football and rugby. For football there are very strict conditions regarding the serving of alcohol and during a match no alcohol can be served within sight of the pitch, this means that fifteen minutes before a match the window blinds to the function rooms need to be closed. Interestingly the same restrictions do not apply to rugby matches.



After looking at the hospitality areas we looked at the pitch and associated areas. The pitch is a 4G pitch which is reinforced grass, though even that has to be re-seeded annually. We learnt about how the pitch markings are altered between football and rugby using a combination of green and white paints. We were told that the random pattern of colours of seats is to give the illusion of the stadium being fuller than it actually is, that appeared to work well. The stadium has an 8,500 capacity, so far the largest crowd has been about 7,000.



We looked at the control room which was a very interesting space. Currently the stadium incorporates 265 CCTV cameras. The CCTV uses facial recognition to aid the exclusion of anyone who is banned from attending matches.



Next we visited the changing rooms and saw the contrast between the home and away changing rooms (John Lacy was looking for his designated for pre-match changing). We were also interested to see how the suite of rooms included a Doping Control room. In one of the rugby changing rooms they were in the process of setting up for a prestige dinner for twenty to be held that evening, the use of a changing room for that purpose sounded strange, but it was being set up in a very imaginative way.



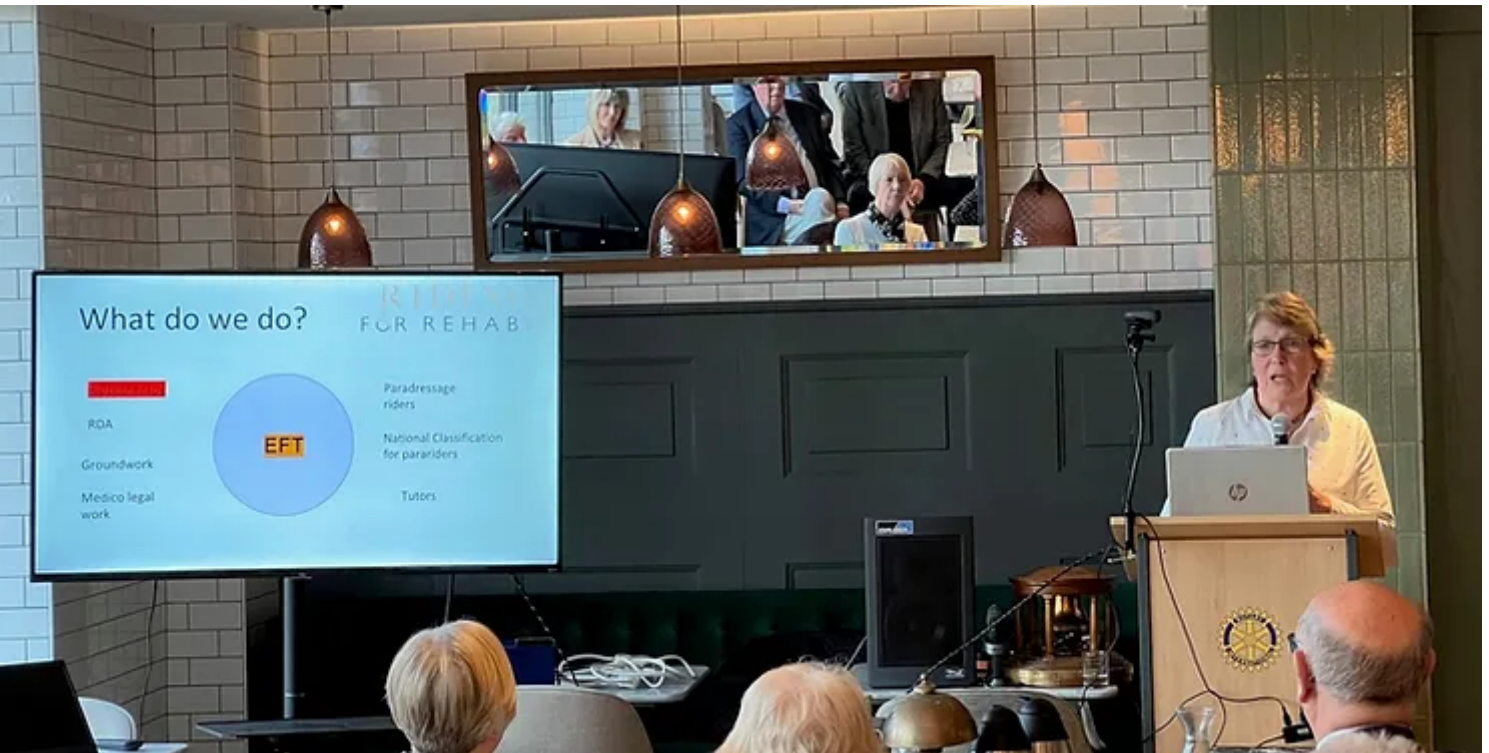
Finally we were shown around the Leisure Centre area where we saw the climbing walls (we did not participate in timed climbing challenges), the sports hall, the gym and swimming pool areas. Those with knowledge of gyms comment as to how well equipped the gym was, better than many gyms in the private sector. The whole leisure centre is linked via a very welcoming concourse area, even incorporating a small library.



anyone interested, it is a great new facility for York to be proud of.



Riding for Rehab



Prior to hearing from our speaker on Friday 27th January President Mary welcome Mo Wilcox as a new member of York Rotary.



Following Mary's welcome to Mo Jane Albon introduced our speaker as she has seen the invaluable work carried out by Riding for Rehab. Jane met Elizabeth Beckerlegge 4 years ago when she was working, using hippotherapy very successfully, with my Granddaughter.

Elizabeth introduced us to Hippotherapy, an alternative therapy, that brings together Horses, Physiotherapy and speech therapy. The Riding for Rehab team helps disabled children in the York area.



Elizabeth is a Chartered Physiotherapist whose career in the NHS and private practice has been in the area of neurology and disability. She has worked in an impressive array of sectors including disability grading for disabled Olympians. Her talk explained how the therapy works and introduced the team of horses, speech therapist and physiotherapist. A fascinating story that also showed some of the students practicing the developed therapies designed to help their individual conditions. Riding sitting backwards was one of the images used.

 A presentation slide with a light blue background. The title "Benefits of Hippotherapy" is in the top left, and "RIDING FOR REHAB" is in the top right. A list of functional goals is in the center, and a photograph of a child riding a horse is in the bottom right.

Benefits of Hippotherapy

Functional Goals with Improvement in.....

- Posture
- Balance
- Normalisation of muscle tone
- Coordinated movement
- Communication
- Behaviour modification

To name but a few!

York Rotary Community Service team kindly donated £500 to Riding for Rehab this year and Elizabeth explained that the donation we gave will help 3 disabled children over the coming spring.

Spanish themed evening



A Spanish themed fundraising evening was held by York Rotary on 2nd February at York Novotel.

The evening started with a Spanish themed meal provided by the Novotel, the meal was based around Paella and Tapas and was very appropriate for the event.



Following the meal we were entertained to a fantastic flamenco dancing demonstration by Lucia Schweigert who had travelled up from London to join us. Following the demonstration Lucia lead the dancing, teaching guests flamenco dancing moves. Lucia was brilliant in involving as many people as possible in dancing and some people participating demonstrated hidden talents. To get more idea of the fun that we all had have a look at the video from the link below.



0:00 / 3:35



The evening was a great demonstration of having fun whilst fundraising, the proceeds raised from the event were in excess of £2,500. We thank the Novotel for providing the food and venue and Barclays bank for providing substantial matched funding. We thank Lucia for travelling up from London to be with us, fortunately she managed to avoid the impact of the 1st February strike disruption on the railways. Finally we thank all those who attended the event and provided support.

We now look forward to planning a themed evening for 2024.





Richard Shephard Music Foundation



On the 3rd February Cathy Grant, General Manager of the Richard Shephard Music Foundation gave a talk to York Rotary. Richard Shephard was a distinguished musician, conductor and composer, as well as Headmaster of the Minster School and precentor at York Minster. He was also a member of York Rotary for some time before other pressures made it impossible for him to meet the attendance requirements. Following his sad death in February 2021, the Foundation was established to bring "the experience and enjoyment of music to children and young people in Yorkshire and beyond". The Trust works with a number of mainly primary schools in North Yorkshire and elsewhere to help to fill musical gaps in the school curriculum, at a time when pressure on school budgets can lead to music teaching not being given high priority, and where a specialist music teacher in a primary school can be an unaffordable "luxury", or impossible to find.

Cathy gave us an excellent talk, ending by playing a heart-warming video of enthusiastic and happy singing by huge groups of children. The high regard in which Richard was held has been evident in the



support given to the foundation from so many directions, and she hopes, subject to successful fund-raising, to expand the Trust's activities to more schools and organisations.

A thoroughly informative, positive and uplifting talk. The fact that some of the young people interviewed clearly preferred music to maths is just a cross that we maths teachers inevitably have to bear!



Also at the meeting President Mary brought the Bill Mann golf trophy to remind members about the trophy. Due to Covid the Bill Mann golf match has not been paid for a few years and until the match is resurrected the trophy has been handed to the safe care of member, Barry Campbell. Barry said he was very happy to hold the trophy because he had purchased it on behalf of Bill and at the time Barry took the trophy for Bill to see about a week before Bill died.



The Webmaster Feb 16

Walkers and Gliders...

Updated: Feb 18

Nigel reports.....

There was an aeronautical theme to the February walk as we based it at the Al Volo restaurant again, on Rufforth Airfield. On February 15th, 13 walkers set off on a clear and sunny day to do a circuit of just under 6 miles, via the Askhams Richard & Bryan villages. For the first mile we tracked along a dotted line to the side of a wide runway watching gliders being slowly towed in the opposite direction, ready for takeoff.

After a drink at the pond in Askham Richard, we walked through estate parkland across to Askham Bryan where we were welcomed by Frank, joining us for the second half.

The walk then finished along the runway again, as a bright yellow aircraft towed gliders into the air, the video shows them passing quite close to the single file of Rotarians, partners and dogs.

0:00 / 0:13



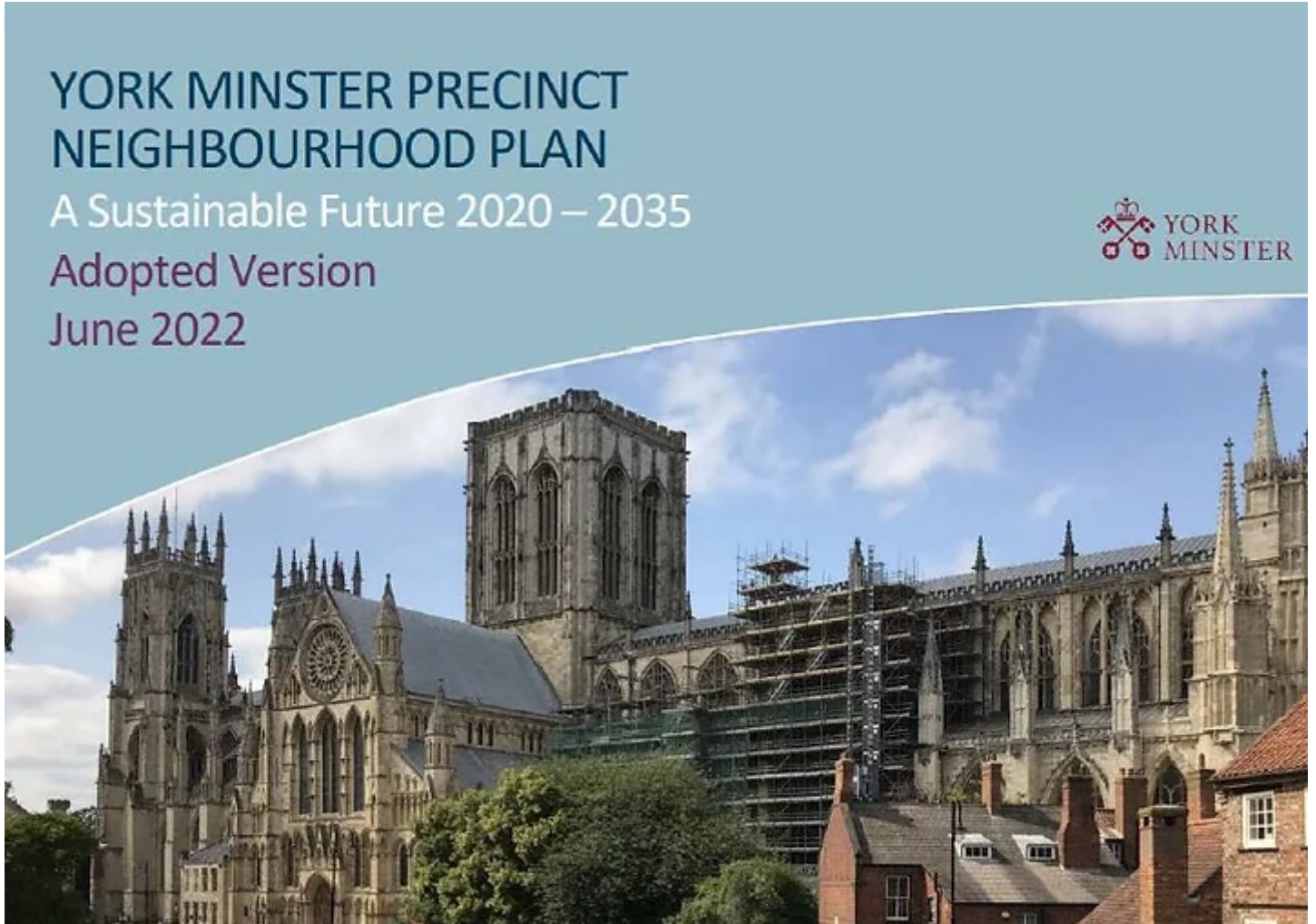
The Al Volo restaurant then dished up a great lunch!



The Webmaster Feb 17

York Minster Precinct proposals

Updated: Feb 18



A fuller report on Alex McCallion's excellent presentation on February 17th will be posted soon.

Meanwhile, if members would like to peruse, at their leisure, more of the details of his Powerpoint presentation, this can be downloaded below



[Alex McCallion talk 17 Feb.pdf](#)





Download PDF • 6.25MB



... and if you'd like to view the whole Plan document itself (*94 pages but full of good info and maps*)....



Adopted_Minster_Precinct_Neighbourhood_... .pdf

Download PDF • 11.98MB



The Webmaster Feb 28

Visit to Army Medical Services Training Centre, Strensall

A small group of Rotarians were privileged to join a high profile visit the Headquarters of the Army Medical Services Training Centre (AMSTC) Strensall. The visit was primarily arranged for Regiment/Brigades Honorary Colonels and a Retired Major General.

We were all warmly welcomed with refreshments in a conference room, followed by a short introduction to the AMSTC by the Brigadier, when he introduced himself and his Team. He also made it clear that the facility was open again for business and visitors. We then had a comprehensive briefing from the Chief Instructor on the role of the AMSTC and his responsibilities, which were wide-ranging.



Immediately on starting the tour of the outside facilities (which were replicas of war zone activity), we were warned to expect loud noises ...and we did! There were two main treatment areas where we observed very realistic training in action. The stages of medical treatment and evacuation follow similar formats no matter where the military operate:

Stage 1 Battlefield lifesaving at the front line – this was very lifelike and incredibly focussed. Battlefield Ambulances (BFAs) were positioned ready to evacuate and where treatment could continue as necessary;
Stage 2 A small but perfectly formed Medical Treatment facility (via ambulance) for stabilisation – just out of artillery range;
Stage 3 Temporary field hospital for in-depth treatment – at brigade HQ level – well out of artillery range;
Stage 4 Air relocation as appropriate, to a full UK hospital e.g. Queen Elizabeth by air within 30 hours.

The second part of the visit saw us touring the Hospital Training Facility (HTF). The HTF is a huge indoor facility which, during our visit, was a hive of activity with Reservists being brought up to date via what is known as a Validation Process. This included, amongst other areas, an operating theatre, ICU and large briefing room. We had a comprehensive briefing from the Squadron Leader from a balcony looking across the whole facility and then a walkthrough of the facility.

We learned all about SMOTS (to the uninitiated among us, this was a remote observation facility used by Validation Experts). We met a Signals expert who described how this closed system worked, explaining about the huge cameras mounted in the clinical areas, and how effective this observation approach was in Validation.

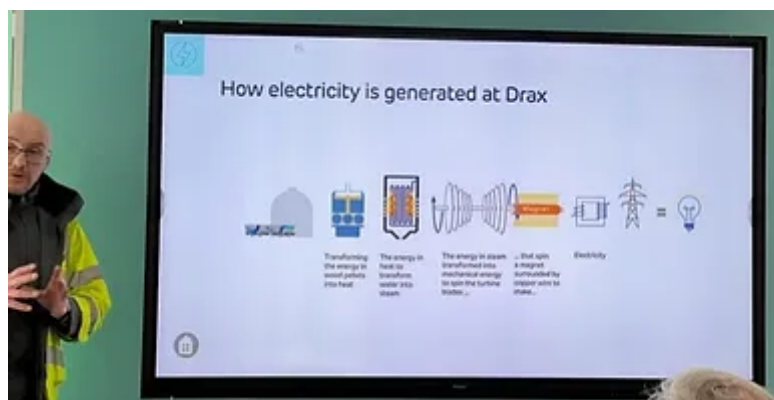
On our Tour we were accompanied by a contingent of guests from Northern Ireland NHS and it became clear that there is a lot of embedding both ways. Among them was a trauma surgeon, who had been active during 'The Troubles'. What was very clear to us was that there was a great synergy and sharing of best practice between AMSTC and the NHS. Paul Harvey thanked the Brigadier and Team for their excellent presentation and reminded them to get their application in quickly for a place in this year's Dragon Boat Race!

We who were privileged to be on this first visit are left with pride that our service medical teams not only perform such critical support to the combat troops, but also are able to learn and pass their experience back into the health service for the benefit of us all.

Drax Power station visit



A party of 19 enjoyed an informative and fascinating visit around Drax Power station on the 28th February. The power station was constructed in two phases in the 60s and late 70s as a coal fired power station. The power station was a base load power station which at the time catered for approximately 7% of the UK power supply, it now provides 4.9%.





The power station is now mainly converted to use biomass, though it still has a facility to use coal in emergency situations. The biomass is from forestry and agricultural by-products and residues imported from Canada in pellet form. Two or three ships arrive each week bringing a total of approximately 60,000 tonnes of biomass a week. From the shipping terminal the biomass is transported by train from the port to Drax, a continuous operation with each train transporting approximately 1,700 tonnes. The biomass is stored in four 70,000 tonne capacity silos on the site, storing approximately 12 days supply on site. The site also had approximately 250,000 tonnes of coal in storage, though that has not been used so far this winter.

Like coal biomass is ground into powder (the same process as adopted for coal) before being burnt.

The presentation before the tour talked about the power station and the generation of electricity

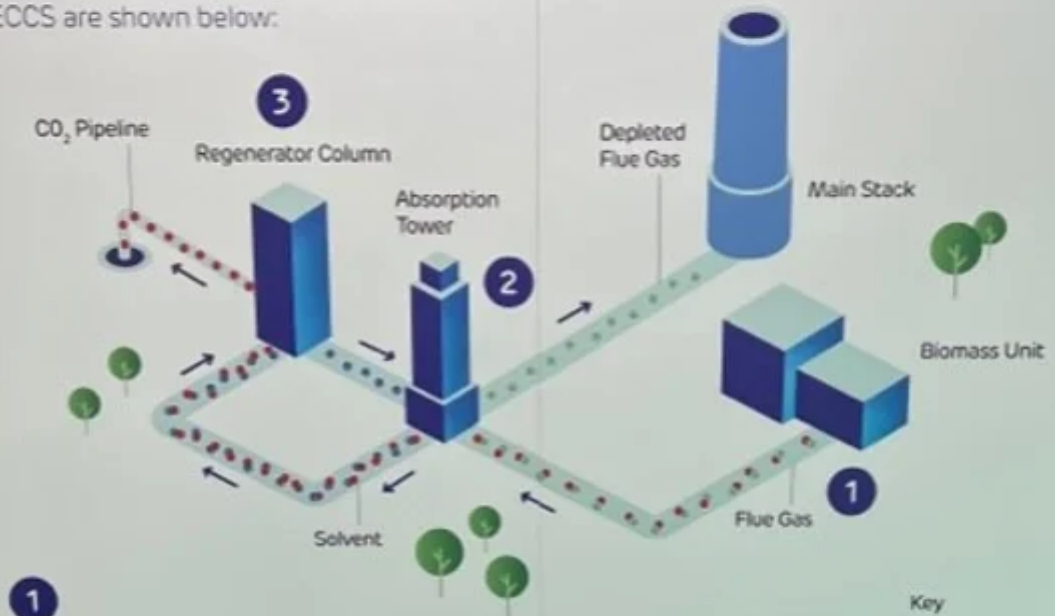


and CO2 emissions. Drax have been running small scale trials for recovering CO2 and placing that in long term storage. If funding approval is given the next stage is to develop a Carbon Capture Facility. The Carbon Capture facility will have a pipe line leading 85km out to the North Sea where the extracted CO2 will be stored in a very large underground fissure 1,000m below sea level. There is clearly a long of

way to go with this project, but it sounds to be a very interesting one and it is hoped that it will be operational before the end of the decade. For more information about carbon capture: Why the Humber represents Britain's biggest decarbonisation opportunity - Drax Global

How BECCS removes carbon dioxide from the atmosphere

Our carbon capture technology uses complex processes and equipment. Some of the key components used for BECCS are shown below:



1

A flue gas pre-treatment section: flue gases are the gases which would usually be released into the atmosphere as part of the power generation process. This pre-treatment section will remove pollutants from the gas before the CO₂ is extracted.

2

An absorber column: to extract the CO₂ from the flue gas, a chemical reaction is started within the absorber column, using an amine solvent (this is a compound of ammonia).

3

Enhanced regenerator columns (or re-boiler): the solvent which contains the CO₂ is then

"Drax gives great opportunities to people around here. I've been at the power station for 29 years, I've done a different job every 4 or 5 years, I've worked in every aspect of it, I've had international travel and assignments."

We also talked about battery storage of excess power and one interesting idea is the use of batteries in electric cars to provide a storage facility for power that could then be exported to the grid at times when cars are not being used and there is an expectation that the power will not be needed for anticipated future journeys - another interesting idea for long term development.

After the talk we donned PPE and went to inspect the permanently staffed control room for the plant and the initial part of the national grid. The control center was full of banks of very large monitors and associated equipment. We then went on tours in two parts, looking around the site in a minibus to see the scale of the facility and the rail transport. Following the minibus tour we walked around the main generating area, looking at the grinding machines, the boilers and the turbines. The sheer scale of the turbines was very impressive, they are 670 mw units, each generating enough power to serve Leeds.



After the visit we went to the Drax power station staff Social Club and we enjoyed very a very good lunch watching the weekly ukulele practice that was taking place.

President's dinner 3rd March



York Rotary enjoyed its annual President's dinner on the 3rd March. We were joined by the Lord Mayor of York and the Lady Mayoress representing the civic party, and our speaker Sir Thomas Ingelby, along with other guests.

After an excellent meal at the Novotel President Mary proposed a toast to the City of York and our guests. As part of that speech she referred to many events and interests that York Rotary has been involved with which have contributed to the community of the City of York. Lord Mayor Councillor David Carr responded and proposed a toast to the City of York.

The main speaker was Sir Thomas Ingleby who told us about how he inherited the Ripley Estate and Ripley Castle very much by surprise at the age of 18. Sir Thomas was initially reticent of the challenge but rose to it and he has run the Estate for almost 50 years. In order to make the estate viable they have expanded into the hosting of hospitality events, including weddings. We heard amusing stories about the challenges and humour associated with weddings.



Sir Thomas said how living in a place like Ripley Castle is not as glamorous as it might sound, often having very few opportunities for Sir Thomas and Lady Emma to be on their own and enjoy the castle grounds. The one time this happened was during the first lockdown when the castle grounds were enjoyed for a picnic, Sir Thomas thought that this was ideal, but realised that it was still costing £3,500 a day to run the castle, so this was not viable. One of the unexpected benefits of Covid was that Ripley Castle was successful in receiving a Covid Recovery Fund grant, with that grant they were able to re-roof the Castle which had leaked for many years.

The evening ended with President Elect Paul thanking Sir Thomas for being with us and President Mary presenting a cheque to him in aid of Myeloma UK charity.





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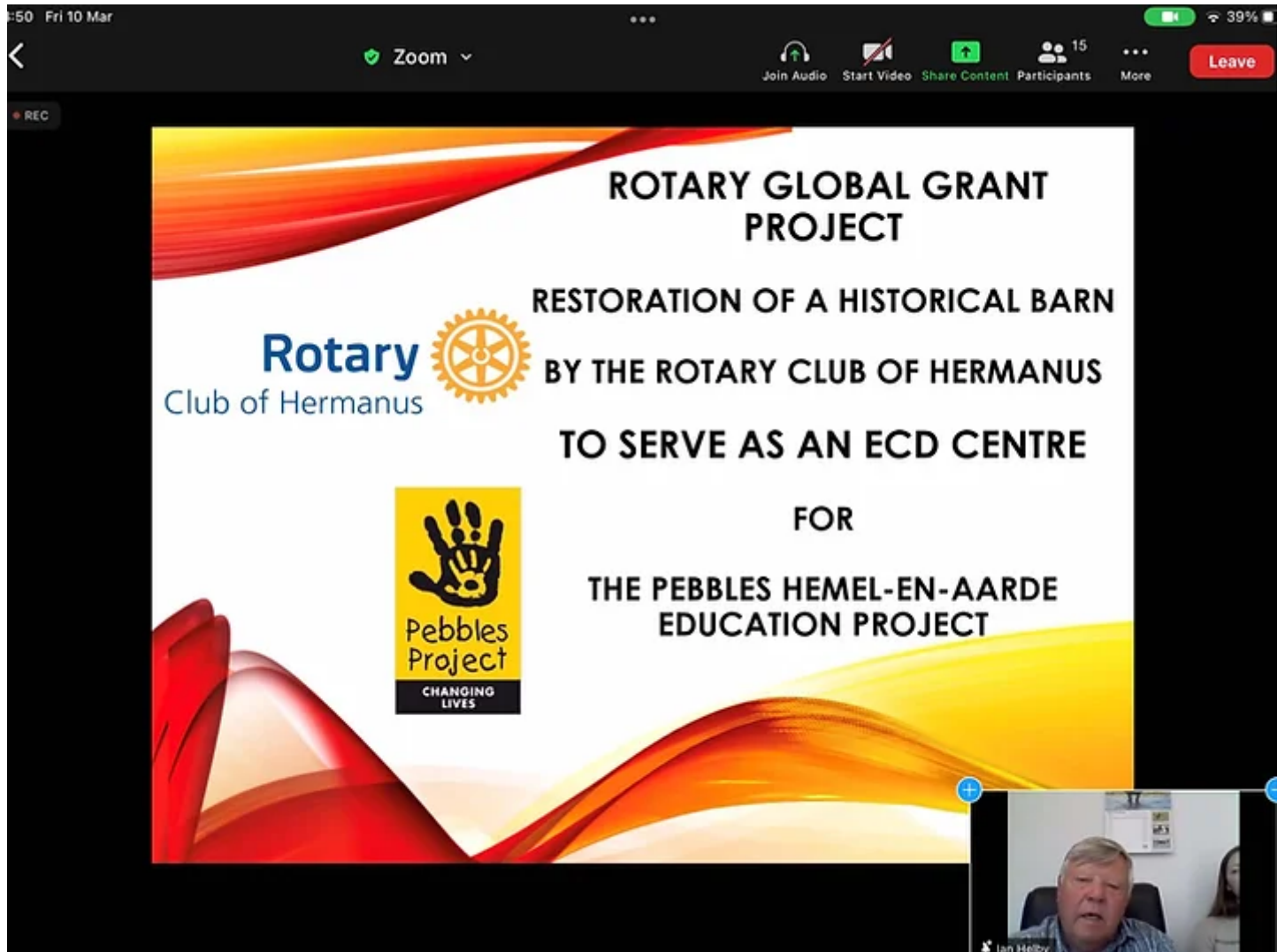


President's dinner 3rd March



The Webmaster Mar 12

THE PEBBLES PROJECT



On the 10th March a Zoom presentation on the Pebbles Project in South Africa was given by Ian Wallace, Rotary Club of Hermanus, and Madeline Snyman, fundraiser for the Pebbles project. This was the first presentation during international month.

The presentation focused on work of the Pebbles organization in South Africa with its various Early Care and Education and School Enrichment Programmes centred on individual partner farms.

The particular project part supported by the Rotary Club of York is situated in the Hemel-en-Aarde valley, a beautiful area of vineyards and farms in undulating hills north of Hermanus.

Due to the closure of a neighbouring school, the support of Rotary and the generosity of a local land owner, who has leased the site, one hundred and twelve children now attend the project split between the Early Care and Education centre and the Pebbles Academy. A comprehensive primary school education is provided.

The project operates its own vegetable garden the provides towards school meals and produce is also sold to local restaurants. An excellent standard of education is offered in well equipped converted farm buildings. Three mini-buses have also been purchased in order to collect the children many of whom have long distances to travel.



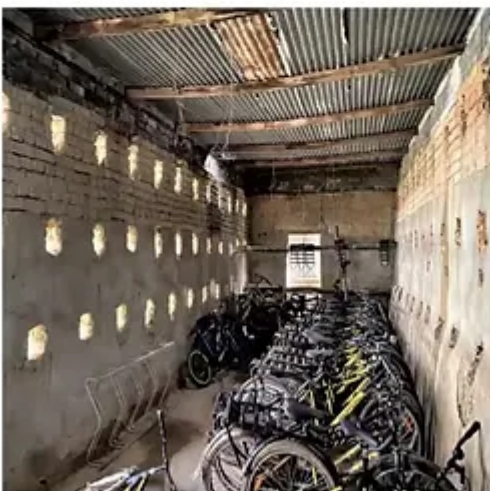
The existing 100year old Onion Drying Shed

A new skills project for young adults has now been launched with the funds provided being used to convert a dilapidated onion barn. Various skill training options will be offered included barista training and waiting, tour guiding, basic accounting and social skills. Twenty four students can be hosted and they are already in place and participating pending the completion of the renovation which is already well underway following the 'turning of the sod' on the 3rd February. The project is the vision of co-owner of

the nearby Creation Vineyard, Carolyn Martin, who was awarded a Paul Harris Fellowship for her services to the community.

ROTARY & PEBBLES

UPGRADING OLD SHED TO BE USED AS A SKILLS TRAINING SCHOOL



The Rotary Club of York obtained a district grant of £1000 and further contribution of £1500 was made by the club.

Both the new skill's project and the existing primary school and academy are marked by the joy and infectious spirit of the students and also the enthusiastic and close support of the Rotary.

Here is a project which is making a difference.



March walk, Coneysthorpe



The March walk was a circular favourite of mine starting and finishing at the village hall in the Castle Howard estate village of Coneysthorpe. The scenery on the journey up from the A64 was magical with every leaf, branch, stone and blade of grass covered in a thin layer of silvery hoarfrost!

Once parked and booted up the group of 11 walkers set off on the 4.5mile route which skirts the Castle Howard estate.

We passed through the fields to Bog Hall, then followed a track where we were treated to views of the monument The Temple of the Winds and the magnificent Mausoleum (The view of the Mausoleum as shown below is the one that the walkers were looking at from the bridge in the photograph above) the Centenary Way for a short stretch along a metalled road we had a view of another monument The Pyramid. After following a track down to an ornamental bridge which spans the outflow from the South Lake we had a splendid view up to the grand house itself.



As we returned to Coneysthorpe through the parkland we couldn't help but reflect on how it must have been a bold move of the 3rd Earl of Carlisle to accept Sir John Vanburgh's designs for Castle Howard, as it was Vanbugh's first ever commission! Building began in 1699 and took a 100 years to complete. His successor the 4th Earl added the west wing of the house in the Palladian style which did not, in people's view, rest comfortably beside Vanbugh's original elaborate Baroque creation!

Once reunited with our vehicles back in Coneysthorpe we drove a couple of miles to the popular Crown and Cushion pub in the nearby village of Welburn where we were joined by David and Sue Thompson and James Conyers. We were made very welcome and a well deserved delicious lunch was enjoyed by all.

Mary Lumley

Natures Purest and International Trade




When Jane Albon first talked to us shortly after joining York Rotary she referred to Natures Purest, a Brand she created and which traded internationally. Jane spoke to us about Natures Purest and International trade as the last speaker in our internationally themed month.

Jane started by talking about cotton and the amount of chemicals involved in its production. Apparently whilst cotton might be grown organically that does not mean that it is an organic product because of the chemicals used in its production. Where cotton labels indicate that an item is 100% cotton the reality is that it is 65% cotton and 35% chemicals.

The Truth About Cotton...Fit For A King...

Each cotton label proudly proclaims the Product to be 100% Cotton. true...but after picking becomes 65% Cotton 35% Chemical

- Cotton is a commodity and trades around the world.
- Cotton is known as White Gold amongst traders.




- For every T-shirt we make = 1 cup of pesticide goes into our soil.
- Huge combines pick the pod and stem as well as the boll.
- Acid is used to remove the foliage debris.
- Chemicals are combed back into the fibre to retain elasticity.
- The cotton is bleached white.
- It is prepared for print.
- More chemicals added to achieve a 60 degree wash.

100% Cotton?

More than 300 chemicals are added to get to the 100% Cotton we all adore.


Only the growth of conventional cotton can be organic, not the product.


Jane's organically grown, Naturally Coloured Cotton comes from Xinjiang (ChunJang), NW China, one of the most remote places you can imagine. The production involved no pesticides, no chemicals and no dyes and as such it was perfect for baby products.



2000 years old, known as paupers cotton


**Organically Grown
Naturally Colour Cotton**





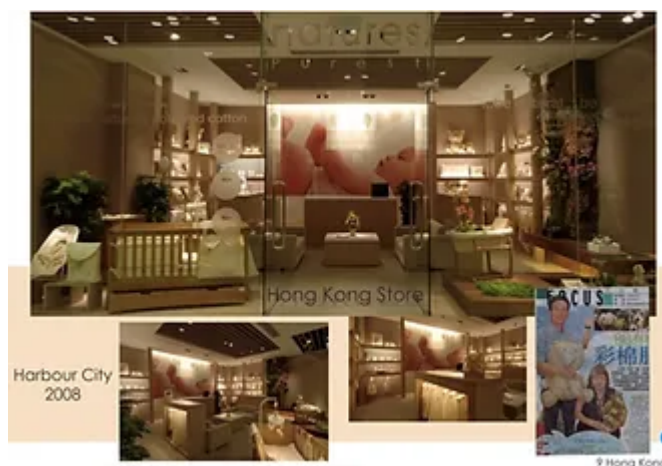
Cream, green and Brown

**no pesticides . .
no chemicals . .
no dyes . .**



- Most isolated place I have ever visited.
- Xinjiang(ChunJang) North West China sadly known for the camps now.
- Temperature goes from -30 degrees in winter to + 30 degrees in summer.
- Like Olive farming, the whole community works to handpick the bolls.
- Harvest is September, over a 21 day period.

The launch of the products was at a Harrogate trade fair. Jane struggled because not all of the product samples were ready, though using the cleverly thought out empty packaging boxes Jane managed to attend the fair and indeed made some initial all important leads.



he first Natures Purest store opened in Leicester in 2007, but by 2008 the products were on sale in Harbour City Hong Kong. Ultimately the products became international ones on sale in 47 countries, of which the interesting ones were Russia and Brazil. Jane told us about a visit to Russia and setting up trade there, apparently in Russia all contracts need to be signed in blue ink, something to avoid fraudulent use of photocopy agreements.

Jane did not find it easy setting up trade deals in Brazil, this was not eased when the airline that she flew to Brazil with managed to loose all of Jane's suitcases, as a result she had no samples to show to potential customers. Ultimately against the odds Jane managed to negotiate trade contracts.



Unfortunately all of the trade suffered as the pound collapsed against the dollar after Brexit. Jane was unable to continue trading.

We should congratulate Jane on a very innovative and sustainable business, with a great foray into international trade. There were clearly many complex challenges that Jane faced along the way. The brand name and intellectual property rights are still owned by Jane.

Subsequently Jane was invited to become part of a British Trade mission visit to Brazil with David Cameron, a daunting thing to participate in.

In 2012 the Natures Purest manufacturing employed 200 people IN SRI LANKA. In 2016 the York store won an award for UK Best independent gift store.



The Webmaster Apr 13

Vocational visits to Legal & General's modular housing factory at Sherburn in Elmet



Two visits were made to L&G's factory by a total of 19 Rotarians and partners on 22nd March and 5th April. We were shown round by Bogdanel (Boggy) Simon, Manufacturing Engineer, Stephen Corson, Head of Manufacturing and Hannah Gascon Head of Marketing

L&G the insurer and mortgage provider created a division L&G Capital to invest in innovation in all aspects of housing and green energy. They decided the future was in the much speedier modular housing process, designing for the life spans of two mortgages (50 years) and set up the Sherburn manufacturing unit in 2017. Currently there are significant development sites at Broadstairs, Bristol and Selby where there is a mix of modular houses and apartments available to individuals or housing associations to buy using affordable housing funding arrangements.

The 550,000 ft sq. factory – originally built as a logistics warehouse – is still in the process of optimising its production lines: two for traditional style housing and one for apartment style housing. The factory



employs up to 500 and at full capacity can producing 1200 housing units per year . At the time of our visits, it was producing only 5 units per week.

All materials are brought in from a wide range of suppliers and assembled in the factory into housing modules, which are limited in size only by the constraints of transportation. Four modules fit together on site to form the

eventual residence – 2 on 2 for a traditional house and 2 by 2 for apartments. In the factory the modules slide or are wheeled along the production lines over a period of 17 days from commencement to snag-free completion. The same operation is carried out at each of the workstations by small teams of individuals progressively trained in the necessary skills at the on-site training academy. Because the housing units are so well insulated, the heating to them is through warm water radiators provided from the site installed heat pumps manufactured by another L&G company.



A very interesting visit showing the way that the quantity and quality of housing that we really need can be produced. We hope to arrange a visit to the Selby development site to see the finished product.

The Webmaster Apr 22

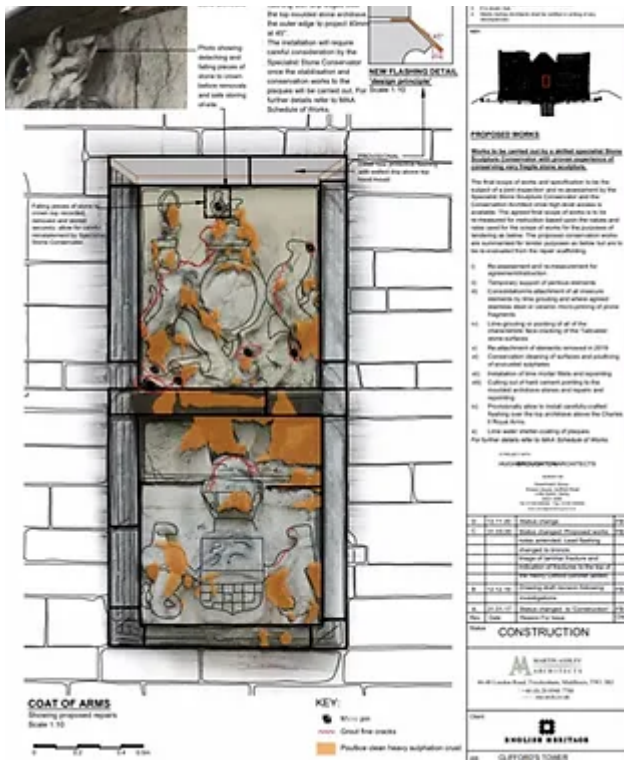
Clifford's Tower Revealed



Rachael of English Heritage who was the project manager for the Clifford's Tower project spoke to the York Rotary evening meeting on Friday 14th April. President Mary and I met Rachael in 2022, when we saw her speaking about the Clifford's Tower Project. That led to York Rotary providing shelter, drinks and certificates for the local school children who planted the final daffodil bulbs. We were so impressed with her talk, and thought it would be great to get her to speak at our club.

Rachael explained the country wide work of English Heritage and her role heading teams working on all types of projects. The five million pound budget allocated to the project was the largest she had ever worked with, and the detailed history of Clifford's Tower was revealed. Every part of its history had to be considered in the renovation of this amazing landmark from 1068 to present day. 1068 First wooden Norman Castle built. 1190 Mass suicide and massacre of York's Jews. Tower set on fire. 1290 Tower rebuilt in stone.

The restoration was huge, and involved many experts, and was all done under lockdown procedures. The original approved design, was abandoned, for a much more natural design, without boundaries, as we see today. Images of the freestanding architectural structure, within the tower, and how it was constructed were superb.



Rachel shared with us a five minute video relating to the project and that can be viewed via the link below.

Clifford's Tower Reveale...



It was an amazing, informative evening presentation the whole room enjoyed.

Jane Albon

The Webmaster Apr 22

Whitwell-on-the-Hill Walk

Three days of particularly fine dry weather turned the expectation of a muddy walk into surprisingly dry conditions underfoot, on which to enjoy a 6 mile walk around the eastern end of the Howardian Hills. Having safely negotiated crossing the A64 – no mean feat - from the sleepy village of Whitwell-on-the Hill, we were treated to the splendid view across the Vale of York from the appropriately named Cliff Lane, before descending into the Vale.

Having inspected 'Barton' crossing over the York to Scarborough railway line and 'Barton' Bridge over 'Barton' Beck we arrived at the equally sleepy village of Barton-le-Willows. A tour of the village failed to find signs of life, although life must exist there as the large areas of village green were well trimmed. A route along the quite country lanes of North Yorkshire - with a skylark serenading us high overhead - was interrupted by no more than the occasional passing vehicle. Views across the River Derwent to Howsham Mill and Howsham Hall added to the interest with The Yorkshire Wolds providing a wonderful distant backdrop.

Re-crossing the railway line at Howsham Crossing, the 'signaller' – the term 'signalman' has gone the way of many other 'gender-offending' terms - was delighted to see us, a change from the solitary life he normally leads in his signalbox.





We then made our way up to the neat tucked away hamlet of Crambe. The sign as we entered Crambe suggested the hustle and bustle of village life (we were also intrigued by the reference to elderly)! Not so - the following day would have seen more action as it would be 'Bin-Emptying Day'! One of the locals bade us welcome and corrected our pronunciation of Crambe. As a newcomer of only 2 years to the hamlet he was still enthusiastic to spread the word!

Onward and upward to Whitwell completed a very leisurely, pleasant walk in beautiful countryside and in glorious sunny weather, far from the maddening crowds of everyday life. The walk was only surpassed by the excellent fellowship of the walking group and a good lunch for the eight of us at the Stone Trough at Kirkham Abbey, just a stone's throw from Whitwell.

Graham Wilford

The Webmaster Apr 23

PARK GROVE SCHOOL : PART 1. THE BACKGROUND



President Mary had asked the Youth Services Team to find primary school(s) in which we could fund a pupil-led legacy project. Quite by chance, we encountered an example at Park Grove Primary Academy and on Wednesday 19th April, Jane Albon, Eileen Davis, Dave Marchant and Mo Wilcox visited the school to have a look at what they had achieved. This might be idea to guide the Team about funding a similar project at Haxby Road Primary Academy. We were warmly welcomed by Headteacher Jo Sawyer, Teaching Assistant Grace Birch and Year 5 pupils Drew and Heath. We met in the Boardroom

Park Grove is an Ebor Academy Trust school, one of 7 in York (including Haxby Road) and of 23 across Selby, Hull and the East Riding. Ebor Trust schools have a regular online Pupil Parliament, with one of its goals identified to improve mental health. Park Grove Year 5 pupils Drew and Heath are "parliamentarians" and when the matter of mental health arose, they identified that in their school the toilet areas were the least welcoming and subject to occasional vandalism. They persuaded Jo Sawyer and Grace Birch to support them in finding ways to make the toilets more colourful and "owned". It was all the children's idea.



Jess Beniston runs *Art'scool* and was drafted in to lead a project involving all pupils in identifying themes, designing and creating artwork to decorate the walls – basically, all of the decision-making. Jess grabbed and encouraged imaginations so that everyone was to be able to contribute. Creative ideas flowed and developed; pupils insisted that the artwork was inclusive, representing everyone.

The results are smashing! Drew and Heath showed us round with pride and pleasure and explained the project.

Has that whetted your appetite? York Rotarians can hear all about it on 5th May when we are pleased to announce that Park Grove School representatives will be our speakers.

Eileen Davis

The Webmaster May 7

PARK GROVE SCHOOL, PART 2: THE PROJECT



It's always sad when a speaker has to cancel, but what an amazing stand in. When we approached Park Grove Head Teacher, Jo Sawyer, to speak she didn't think she could, but thought she could put a team together who would be great. What a team they were. Four Year Five and Six students, (2 from the Ebor Academy Parliament) fronted the whole presentation and introduced their chosen Local Artist Jess from Art'scool.



Teaching Assistant Grace Birch and Artist Jess Beniston from Art'scool.

The students explained their mission to help

Mental Health within their school. They use the bathroom blocks as escape areas when they need to be alone, but they are always so grim, their mission became to add colour to make them better spaces. Drew and Heath, from the Ebor Student Parliament decided it was more than just colour, each block needed a theme and they needed an Artist. Their excitement, as they introduced their Artist, Jess, was wonderful. She became part of their mission, and using teacher strike days as art clubs, and every child being involved with the designs, the bathroom blocks emerged. 4 blocks were finished and each pupil showed a video of the completed works of art.



All of the Park Grove students are so proud of the project, each image showing their names, leaving a great legacy of hope, pride and confidence for the students who follow them. They all feel art brought them together, and are very pleased with the outcome.



Head Teacher Jo said it was all the students and the artist's work that made it so successful, but I think we are all aware that she must be an amazing Head Teacher to make this happen. TA Grace Birch,

accompanied the students from start to finish and made today's images and videos possible.

Footnote...both Jo and students are future Rotarians...is this where the future lies??? Get them at the beginning, not the end! The whole presentation filled me with optimism.

Jane Albon



The Webmaster May 4

HERSTORY York : 100 Women Changemakers



In late 2021, Kate Hignett spoke to York Rotary about the HerStory : 100 York Women, a community history project to research and celebrate some of the many “invisible women” of this city. Following Kate’s visit, the Youth Services Team agreed assistance with the exhibition planned for the Yorkshire Museum in Spring 2022. A £500 donation was handed over, with the intention that it be used to pay for transport to encourage and enable access by schools. The Exhibition was open from March to August 2022; Jane Albon & Eileen Davis attended the opening on 8th March, when our donation was publicly acknowledged.

On Friday 28th April, Kate returned to update us. One of the schools which visited was the Danesgate Community; not only did they produce a student pack, but they developed a new relationship with the York Museums. In general, visits required no support funding so it was agreed with Kate and the Yorkshire Museums Trust that our donation be reallocated to the creation of educational teaching resources so that the topic could become a curriculum choice for schools, both primary and secondary.

£250 helped to pay for a teacher, Andrew Wrenn, a fellow of the Historical Association and member of York CLIO, the local network of History Teachers. Andrew reviewed the existing materials, re-wrote some and advised on new resources for pupils and teachers. The remaining £250 was allocated to the design and print budget. As the illustration shows, there is now a Teachers’ Guide, a self-guided Walking Train, a research guide, a video produced by Digital Heritage Students and a 44-page book which is still with the printers. Exemplar paper copies of some of the materials were distributed – and interestingly, they disappeared from the lunch tables!!





HERSTORY York has applied for a Womens' History Network prize, will continue to work with the York Museums Trust and will begin work with the York Civic Trust Trailblazers project. We hope to keep in touch.

The Youth Services Team is proud to have helped this project and sincerely thanked Kate for her update.

Eileen Davis

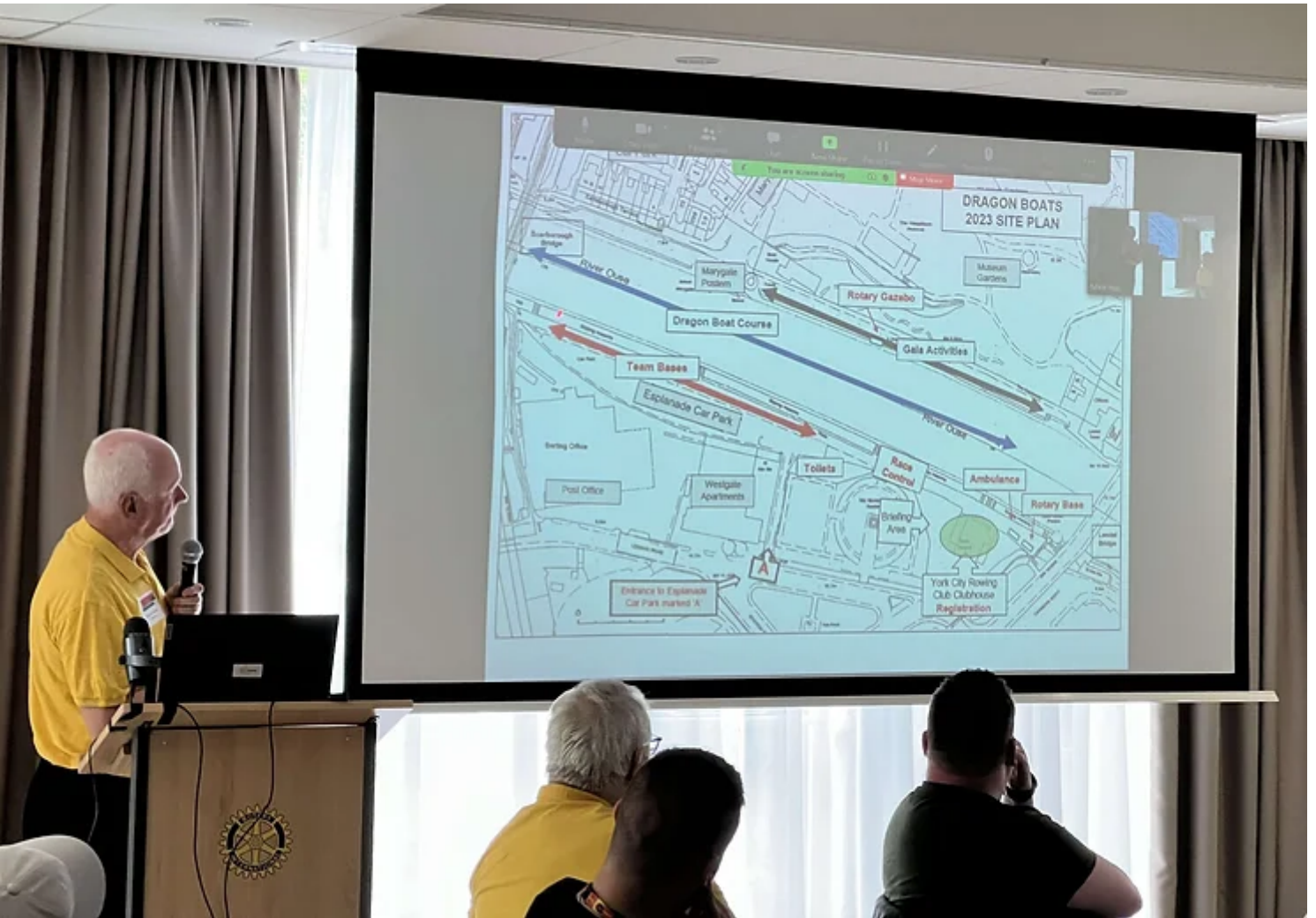
YORK ROTARY DRAGON BOAT CHALLENGE 2023 MOVES A STEP FURTHER FORWARD



Earlier this week the Captains' briefing for the 2023 Dragon Boat Challenge was held at the Novotel. The briefing was attended by representatives of all 36 teams, plus reserves and the York Rotary team contacts.

The briefing was very informative and was listened to with enthusiasm by all of the team representatives. As usual the teams are looking forward to the event on the 9th July.

The fundraising target of £90,000 for the event is well underway with £8,958 already raised. York Rotary are delighted with the support already seen for the event.



Erlangen Rotary visits York 18th to 21st May 2023

Updated: May 30



A group of 19 friends from Erlangen Rotary club in Germany have visited York for a weekend Friendship meeting (Freundschaft Zusammenkunft) of events and fellowship. The group of 19 from Erlangen arrived via a variety of routes and means of transport, including one member from who travelled in his historic Morgan car.

The weekend started with a welcome dinner on Thursday evening and that was then followed on Friday 19th by trips to Clifford's Tower and then a trip to the Mansion House, lunch and in the afternoon private tours around York.



On Friday evening a gala dinner was held at the Novotel, during the dinner gifts were exchanged, two Paul Harris Fellowships were awarded and the York Rotary choir excelled in singing. The whole atmosphere was one of great friendship.



Saturday evening was spent having a fun social evening at Brew York. At the end of the evening we closed with a sing song featuring songs in both German and English.



The weekend finished with a farewell breakfast at the Novotel before everyone went their separate ways, but knowing that we are going to meet up again in Erlangen in two years time – Auf Wiedersehen.

For a more detailed report and photographs go to the Members Page, International visits section of the York Rotary website.

Will we run out of food?

Graham reports...

The June 2nd lunchtime talk on World Food proved to be a very informative and thought provoking presentation.

Tim Wilson, a graduate of Nottingham University in Agricultural Economics and with a lifetime's career with major food producers in Britain, Australia and Asia, he was able to talk with authority on the subject.



With numerous graphs and charts (see below*) he was able to demonstrate the complexities of the world supply situation and the mega issues which the world faces in feeding its growing population.

Whilst the energy industry for heat light and transport relies on numerous and varied resources, world food relies on crops, livestock and fish, of which crops, and in particular wheat, is by far the major resource. Whilst the growing of crops may be widespread, the world's food supply is in fact dominated by 5 crop types, 7 key producers/exporters and 4 key worldwide supply chains/trading companies. With world grain carry-over stocks often down to no more than 2 month's supply, meeting the world's hunger cannot be taken for granted.

Tim touched on the mega trends which the industry faces, including the growing population wanting to eat

more and moving towards a western diet, the shortage of additional fertile land with adequate water availability, and the growing restrictions on herbicides and insecticides. For those and other reasons including the effects of climate change, countries are seeking to improve their food security, by establishing production abroad.

He believes global food production/availability and price needs to be recognised as the big issue for the 21st century and as such there is much to be done, as the threat and impact of hunger on everyone's peace and stability cannot be taken for granted

Tim's talk was indeed food for thought and contained more than a grain of truth!



Tim pictured with President Mary and (r) speaker host Graham Wilford

* [ed] You can see/download all the slides from Tim's presentation here....



world food presentation.pdf

Download PDF • 1.46MB



The Webmaster Jun 15

DRAGON BOATS MAKING A DIFFERENCE

July's Dragon Boat Challenge event is a big undertaking for York Rotary with a year's worth of complex planning from the Dragon Boat Team, and a lot of commitment from members on the day, making it happen.



So it was particularly welcome to hear on June 9th from the two local charities who will be benefitting - as our nominated charities for 2023 - from the event, hopefully to the tune of £10,000 each (or more).

Michelle Foulks, CEO of Big Futures

Foundation explained the successes they are having with providing support for over 50 primary school age children who are from underprivileged backgrounds and likely to be subject to significant attainment gaps in their education and subsequent lives. York - despite appearances - has a particular problem with the attainment gap.



What will your funding achieve?

- During 2022 17 new children joined the BFF programme, bringing the total number of families we now work with to over 50.
- With your help, in 2023 we will add a further 20 children to the programme.
- Over 180 individuals will benefit from our programme, including BFF children, parents/carers and siblings.





Through counselling services and helping develop life skills, self-esteem, confidence and networks, these children - from Tang Hall, Haxby Road and Hob Moor Primary schools - have made remarkable progress. BFF are now expanding their programme to other schools and into secondary schools (for the children who were enrolled in their primary years). The donation from York Rotary's event will help make this happen, funding the programme in one of their school locations helping an additional 20 children.

We then heard from **Rosemary Cook, CEO of Kyra Women's Charity** (pronounced *kee-ra*) who are providing services to vulnerable women in York through - to "*support and empower women to make positive change in a safe woman-only environment*"

Their services are many and varied, and include counselling and craft, music and mindfulness sessions all of which encourage confidence and self-esteem. It was clear that the hundreds of women being helped by Kyra are both benefitting greatly and hugely appreciative.



Kyra Women's Project
Update for York Rotary
June 2023

How will the donation help us?

Thank you so much for making us a recipient of this year's race funds!

We plan to use this money to:

1. Support our counselling service - 180 women/year, 1080 hrs of counselling, £29k worth of professional counselling FREE
2. Keep our ROSE group for women aged 18-25 running - 100+ sessions/yr, 20 young women at crucial stage of life ...

They now run a "Young Womens Group - called Rose - which will be supported by the money raised through the Dragon Boat Challenge.



It was clear to all from the two very professional presentations that the work both these local, small charities do is truly making a difference to many lives in York, and members were moved by the clear impact they were both making.



It is good to know that all the effort of running this event are clearly making a difference (not to mention the dozens of other charities teams support through their fundraising for the event)

We wish both BFF and Kyra continuing success

in the wonderful work they do.

Tand empower women to make positive change in a safe woman only environmentsupport and empower women to make positive change in a safe woman only environment

Tockwith walk on mid summer's day



The walk held on the 21st June was a relatively local one from Tockwith. A party of eight took part and we set off from the centre of Tockwith via local lanes and tracks and after about 1.5 miles we joined the river Nidd. We walked along the river need on the top of the flood bank again for about 1.5 miles, though in reality that section of the river was a large Ox Bow and when we left the river we were less than half a mile from where we joined the river.

From the river we looked at birdlife and on one stop we debated the breed of cows in a field on the opposite side of the river. We then left the river and walked back to Tockwith via local lanes, resulting in a walk of approximately 4 miles. Lunch was at the Spotted Ox.

It was a very enjoyable walk, we were fortunate with the weather in spite of the dramatic sky and we had plenty of stops to admire the views and just talk.

I had done the same walk in early May and how different six weeks makes the countryside with areas of relatively short grass that is now significantly higher and more lush. It is always worth repeating walks in

different times of the year and also varying the direction of the walk.

This was the last walk under the overall management of Steve Burton who had the initial idea of having a York Rotary walking group. We thank Steve for his initiative and all the work that he has put into the coordination of walks.



I am sure that with our new walks coordinator Graham Todd we will be looking for a way that we can recognise Steve's efforts and ensuring that walks continue.

David Fotheringham

The Webmaster Jun 28

The end of a very busy year for York Rotary.....

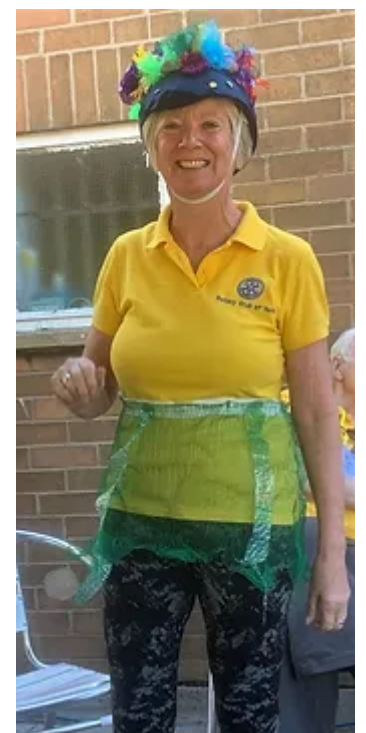
In summarising the last Rotary year I start by quoting the recent comments of President Mary:

"I cannot believe my Presidential year has come to an end. It doesn't seem five minutes since I was gingerly facing you all for my first meeting last July. That meeting was the Dragon Boat Briefing and two days later as President of York Rotary I was entertaining the VIPs, rowing in a boat and giving out the trophies at the end of the day!"

Mary made the most of the Dragon Boat Challenge, paddling in one of the first races and then having great fun presenting the trophies at the end of the day. But, that was only the start of a very busy year.



In July the Rotary funded "Wellbeing Garden" at York District Hospital was opened.





Mary proposed and implemented an evening of entertainment with her band to raise funds in memory of Sarah Everard, the event raised over £1,800.



Baggage handling services were provided for both the York 10K and the York marathon.



Two St Crux events during the year, raising in excess of £2,000.



In November we supported the Clifford's Tower daffodil project by hosting school children planting daffodils around the base on the tower on a very wet November day. Later in the year we had an excellent talk from English Heritage about the restoration of Clifford's Tower.



During February a Spanish themed evening was generously provided by the Novotel and through that we raised over

£2,500.



The visit to York of Erlangen Rotary club in May, one of Mary's personal highlights, during the weekend we visited Clifford's Tower, The Mansion House and Fountains Abbey as well as enjoying various social events over the four days.



There have been a number of visits to The Guildhall, Drax Power station, York Community Stadium and L&G Modular Homes factory.



Our Community services team have continued to support a number of local charities, as well as organising a theatre outing for the elderly and also a summer outing.

The International team have continued support to Ukraine, as of April this year 144 boxes of tinned and dried food, 37 sleeping bags, 17 boxes of blankets, 7 boxes of toiletries, 25 boxes of clothes, 1 tent on 4 sleeping mats had been collected and sent to Ukraine. Support to Physionet, both with helping in

loading sessions and the collection of donated equipment from around the UK and transporting to the depot has continued. We have also supported Pebbles school in partnership with Harmanus Rotary.



During the year we have continued to have a wide range of high quality speakers at our lunchtime meetings.

Mary has also been particularly pleased that through our project in Haxby Road Academy we have been able to open up the doors for future partnership work in Primary Schools in York. York Rotary also had a busy time in November organising mock interviews for school sixth form students, an invaluable task

Mary finishes by saying the "success of my year as President has been down to you the members of the club. You have supported and encouraged me which has given me confidence and steered me in the right direction. I am enormously grateful to you all."

Over the year Mary has clearly enjoyed herself and provided fantastic leadership, we thank you for that Mary.

David Fotheringham