



## Holly's Jukebox Challenge



When "Friends of York Rotary" member Holly Bilton (Taymar) is not doing her day job at **York Mind**, her passion is performing music and she has a wide following in the City and beyond. Every year she takes to Social Media for her "Jukebox Challenge". It's amazing... Holly tells us more...

"I started doing the *Holly Jukebox Challenge* in 2016 - I remember the idea simply popping into my head one evening as I walked into town! I've always sung and played guitar (I perform for public gigs and private events alongside my full time job as Fundraising Manager at York Mind) and I've always found music very relaxing and good for my mood.

Earlier that year, I had lost my brother to skin cancer and with the first Christmas without him looming, I decided to give myself a focus and do some good in December.....



*Continued on page 9.....*

## A Message from Elly

*BBC Radio York's Elly Fiorentini, who is an Honorary Member of our York Rotary, is FoYR's Patron*

"As 2020 is underway, it is a great time to make resolutions.



I wonder how many vow to do something which will make a difference? You have all made a difference this last year - thank you.

As you will see from the list of events coming up, Rotary does help in all kinds of ways. Whether it is raising funds for the project in Zambia or learning how we can support people with dementia.

Everyone has busy lives but sometimes it is important to take a step back and see what little bit we can do.

I am writing this overlooking the sea in Gran Canaria where I met a fellow Rotarian from Cheshire! I took great pride in telling him about your work.

Let's hope he sets something similar up in his club!

Wishing you all health and happiness in 2020. See you soon and thank you

**Elly**

### Upcoming "Friends of York Rotary" events - Diary Dates...

- Feb 20<sup>th</sup>** **International Big Quiz Evening "Pigs May Fly" plus supper**  
A joint event with York Rotary, in aid of Ebenezer Childrens Trust's Piggery project in Livingstone, Zambia details on page 2
- Mar 4<sup>th</sup>** **Visit to Amazon's Distribution Centre, Doncaster**  
With York Rotary; details on page 8
- Mar 18<sup>th</sup>** **Networking /Social Evening "Knowing Me, Knowing You"**  
Learn about other organisations in Friends of York Rotary  
6.30pm Dower Court (off Heslington Rd) more info on page 8
- Jun 20<sup>th</sup>** **International Charity Walk and sumptuous Buffet Lunch**  
With York Rotary; in aid of "Caroline's Rainbow Foundation"  
Starts from Hovingham Village Hall (4 or 6 miles) details on page 8



So, we are finally into the “Roaring Twenties” (perhaps) and a new year for *Friends of York Rotary*. As I reflect on the past 18 months since *FoYR* started, two things stand out – First, the help that you all have given to York Rotary in helping manage our fundraising events, especially the fabulous Dragon Boats!

And second, and equally important, the social networking that we’ve been able to enjoy with other “*Friends*”, learning about other organisations in York and extending the hand of friendship (a key element of Rotary’s philosophy!) across our great city.

Our next Networking event, in March, will focus specifically on learning about other organisations – especially, but not exclusively, charities. I hope you will enjoy this and other events we are planning for 2020.

Brian Joscelyne  
FoYR Co-ordinator  
[friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)



Friends of  
York Rotary



Our next event is a fun quiz evening in aid of a charity in Zambia which York Rotary has supported for several years.

The “*Pigs May Fly*” quiz follows a similar format to events in previous years, with around 120 competing in teams of 6. It’s a great evening, with a supper (Sausage Casserole of course!) and a cash bar.

One of the organisers, Rotarian Mary Lumley has visited Ebenezer Trust in Livingstone several times. She writes more about the Ebenezer operation on page 8

## Our next FoYR event

York  
**Rotary**  
International &  
Fundraising Teams



### THE BIG QUIZ ("Pigs may fly")



February 20<sup>th</sup> 2020

General Knowledge Quiz – Prizes  
includes Sausage Casserole Supper (or veggie option)

Cash Bar Raffle

Village Hall, Stockton-on-the-Forest YO32 9UR  
7.00pm for 7.30pm start

Tickets £15.00 per person



Raising funds for a new Piggery at  
Ebenezer Childcare Trust Farm, Livingstone, Zambia



Welcoming

York Rotarians and partners  
Friends of York Rotary and partners



Make up your own team of 6,  
or let us team you up on the night

Tickets are available for “Friends of York Rotary”, their partners, and colleagues or friends. If you’d like to make up a full team of 6, you are welcome to do so – otherwise we will arrange teams on the night.

Tickets are available online via the York Rotary website  
<https://www.yorkrotary.co.uk/quiz-night-february-2020>

Get in touch... Friends of York Rotary



[www.yorkrotary.co.uk/friends](http://www.yorkrotary.co.uk/friends)



<https://goo.gl/wXNu75>

Rotary Club of York



[www.yorkrotary.co.uk](http://www.yorkrotary.co.uk)



<https://goo.gl/4d2h7n>



<https://goo.gl/tE1cXW>



***Diana has been a Rotarian for 5 years, and currently heads up the York Rotary Fundraising Team, amongst her many other activities!***

***We asked her for her thoughts about Rotary in York.....***

## ***Tell us about your business background***

After 2 ½ years in Estate Agency and 10 years in my family's Fashion business, I set-up my own Outside Catering Company. Within 4 years I also owned a Hotel, and had contracts with the Theatre Royal, the National Curriculum Council, an Old People's Home, a Georgian Coffee House and the Police. This was in addition to the outside events which included Viking Feasts, Georgian Banquets, Weddings, Conferences feeding, amongst many others, Royalty, Politicians and Celebrities at anything up to 10 events a day with dinners up to 1,000 and public events up to 40,000. I had also grown a staff of approximately 250! I kept up this fast-paced and exciting life for 25 years and in retirement did B & B at our house by joining Alastair Sawday's *Special Places to Stay* until 4 years ago when I finally, finally retired.

## ***How did you hear about Rotary and why did you decide to join?***

In 1994 my husband, Nigel, joined Rotary – much to my fury! I had spent my whole working life striving to be accepted as an equal in a male-dominated society. There were no opportunities for women to join the established networking groups such as Rotary - and he had just turned traitor and left me out in the cold! It was not until I retired from catering and joined Nigel in the walking group that I started to discover all the many good things about Rotary. I was amazed by the huge number of local charities they supported with both physical help and donations; I was also impressed with the power of Rotary globally which, together with the Bill Gates Foundation has almost eradicated Polio worldwide; and it was the warm welcome from the members at their many social functions that made me finally decide that I would like to join Rotary and all that they give.

## ***Has Rotary changed over the past few years, and how should it evolve in the future?***

When I joined in 2014 there were only 3 women members in York Rotary. There are now 11 but we still need more women to balance a club of some 80+ members! We have been told that we have transformed the vibrancy of our group – we are all active doers and organisers, love a drink and a get-together and getting stuck in to the next project. We would love to see more like-minded women join us. Also I cannot recommend highly enough being a married couple doing all of these things together – something we never had time to do in our busy working lives.

I believe we should shout out more about all that we do as many people are not aware of how Rotary is changing from being an all-male, middle-class white club to being a modern and diverse organisation, relevant to today's society.

## ***What do you like most - and least - about being a Rotarian?***

Rotary has broadened my social life to include so many people with common aims and ideals. At the same time it has fulfilled my need to feel I am making a difference and know that what I am doing has so much purpose and relevance in today's world. It offers new challenges and opportunities at a time when so many others may feel that they are no longer valued by society. The things I don't like are some of the old-fashioned and rather stuffy traditions that have been in place since the Club was formed 100 years ago! However, these things are gradually changing and are really a very small price to pay for all the benefits.



*Diana pictured with her team of helpers at the 2019 Dragon Boat day "Tea Tent" on the North Bank of the Ouse*

## ***How do you think "Friends of York Rotary" should develop as part of Rotary's future?***

The "Friends" have already made an invaluable contribution to York Rotary by providing manpower at our Dragon Boats Challenge and baggage handling at various sporting events. They have also provided expertise at several Charity networking evenings which has been of mutual benefit to all involved. We now need to invite more people with modern technological and marketing skills. It would be good to form a joint Rotary/Friends "Steering Group" to determine Friends' involvement with York Rotary and invite them to join our team in forging our joint future. In these days of shrinking and ageing "Club" memberships across the board they can bring in fresh and modern ideas and help spread the Rotary message.

## Marie Curie needs Volunteers!



**Gemma Hewitt,**  
Marie Curie's  
Community  
Fundraiser for N  
Yorkshire, explains  
their upcoming  
campaign....



“As Marie Curie gears up for the launch of its biggest annual fundraising campaign – the **Great Daffodil Appeal** – the charity is appealing for local people to take part in street and supermarket collections.

Last year, across Yorkshire, the street and supermarket collections raised over £168,000 at 370 different sites and more than 3,100 volunteers came out in force to give out daffodil pins in exchange for

donations. This year the charity is hoping to smash that figure but needs more than 3,500 people from



Care and support  
through terminal illness

across the county to pledge their support by signing up to take part in a collection.

The **Great Daffodil Appeal** runs throughout Spring and the street collections in York will take place on the 25<sup>th</sup> and 28<sup>th</sup> March.

Gemma explains: “Volunteering to collect donations in return for daffodil pins is a fun and easy way to get involved in the local community. You can collect with a friend or partner and know that you are helping Marie Curie be there when we are needed most.

“Chances are, we all know someone who’s been affected by a terminal illness. And it’s heartbreaking that not everyone gets the care and support they need to live their final days with dignity, in the place they want to be. Our nurses care for people in their own homes, providing one-to-one care overnight and support for family members. And we’re always here with expert information, guidance or just a shoulder to lean on.”

If you have any spare time on your hands and are keen to volunteer for a worthy cause then please sign up for **Great Daffodil Appeal** collections by visiting [www.mariecurie.org.uk/daffodil](http://www.mariecurie.org.uk/daffodil)

or email [gemma.hewitt@mariecurie.org.uk](mailto:gemma.hewitt@mariecurie.org.uk)

## New plans to Move the Masses!



**Egg Cameron,**  
who runs York’s  
“Move the Masses”  
charity, tells us some  
background and their  
future plans.....



“**Move the Masses** is a York-based charity which started operating in August 2018. Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise, and we do this by helping people get active by removing barriers to physical activity and providing physically active volunteering opportunities.



We encourage people to reclaim parks and public spaces as places to exercise and promote the use of outdoor gym equipment by providing an online map showing locations, video tutorials for workouts and free sessions for people to come along to. In 2020 we’ll be running sessions at the new fitness installation next to the Red Tower and in Haxby too

Our other big project is **Move Mates**, which is a walking buddy service available to anyone with a City of York postcode. Our wonderful volunteer **Move Mates** give people the confidence to get out of their houses and go for a walk – for any purpose – where they would struggle to do so on their own.



People have all sorts of reasons for having a **Move Mate**; lack of confidence, social anxiety or fear of falling are the most common. Over 300 walks were logged in 2019 and we’ve only just started.

There are still loads of people who haven’t heard of us yet so we are trying to get the word out. We think volunteering as a **Move Mate** is really unique because it’s such a short commitment, the average walk time is only 22 minutes so some volunteers even do it in their lunch breaks!

As with any new, small charity, our biggest challenge is fundraising and we’ve recently developed a Corporate Partnership scheme which we hope will help to generate more sustainable income” [egg@movethemasses.org.uk](mailto:egg@movethemasses.org.uk)

# Caroline's Rainbow Foundation

*"One of my favourite charities", says Elly*



**Caroline Stuttle**

Caroline Stuttle lost her life in 2002 at the age of only 19 whilst back-packing in Australia. Since then her family have created a charity to help other travellers, especially younger ones, by informing them, via an App, of the potential dangers that all of us could face whether students, families or seniors, when away from home.

In 2002 Caroline's Rainbow Foundation (CRF) was formed and fund raising began and research undertaken to create a website and App to provide a reference point for all to assess the possible dangers of accidents, thefts or other forms of intimidation that can and do occur when one is relaxed and not necessarily as vigilant as one could be when away from home.

Richard Stuttle leads this foundation as Caroline's brother and he has travelled extensively around the world. He is currently writing a book describing both the foundation and the Travel App and how it can be of help to all who venture away on holidays or business trips.

*Friends of York Rotary* Patron Elly Fiorentini is one of the charity's trustees and passionately believes in the importance of their mission. She writes:

*"The aim of CRF has always been to keep young people safe whilst they realise their dreams. Caroline's family have never wanted anyone to stop travelling just to be able to do it safely. It is a small charity with commitment to helping young people as they venture overseas. We live in a troubled world and if this work helps one young person, it is still worthwhile. This charity was inspired by Caroline's dreams - the charity is helping others to create special moments inspired by her memory." (See p8 for our Fundraising Walk for CRF)*



**CRF's i-Phone app**

# Dementia Friends



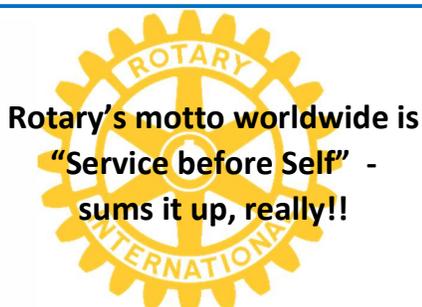
*Friends of York Rotary* member Leah Bull had suggested recently that York Rotary should consider having an educational session to learn about how to become a "Dementia Friend" – part of the Alzheimer's Society drive to increase awareness of this disease, how to recognise it in people and how to help people with dementia in our society.

So on December 13th a group of 20 Rotarians and partners attended a one-hour Dementia Friends awareness training, led by Leah and also Nic Gibbons, both from Alzheimer's Society Yorkshire.



We learnt a lot about the facts and myths of dementia, a brain disease often misunderstood and confused with "ageing" (there being no direct correlation); and how to help us and others understand the needs of people who have dementia.

It was a very helpful, interactive and enjoyable hour - many thanks to Leah and Nic for coming over to help. A second session is planned for March. If any other *Friends* would like to join us for this, just let us know! [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)

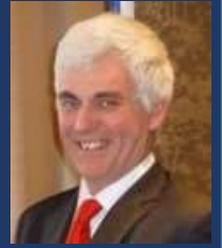


*Community* is published by the Rotary Club of York who are solely responsible for its content

## Technology Challenge!

One of York Rotary's major contributions to Youth development in the city of York is the annual "*Technology Tournament*".

Rotarian Russ Rollings explains...



Rotary clubs around the country have been organising the annual *Technology Tournament* for many years. The event is open to secondary school students aged 11 to 16.

The objective of the day is for teams of four students each to design, build, test and demonstrate a 'machine'. They have no prior knowledge of the task, and they are given a collection of rods, laths, pulleys, rubber bands, electric motors, batteries, paper, card and other equipment from which to construct their machine. Every team has the same set of equipment and they are not allowed to use any supplementary items. Upon opening the envelope containing the task, they have about four hours to design and build it. They also have to complete a portfolio which describes how they approached the task, how the team worked together, how they came up with their design, ideas which worked or didn't work and what they'd learnt. Quite a challenge in four hours!

Tasks have included coin sorting machines, weight-powered vehicles, lighthouses which flash a light at set intervals, cranes to lift then transport and then deposit a load and all sorts of challenging tasks. The most recent was to launch a missile to a given height and unfurl a parachute.

Upon completing their machine, each team is asked to demonstrate it to a panel of judges and upon this, and the standard of their portfolio, marks are awarded with prizes and certificates for the winning teams. There are three levels, 11-12 year olds, 13-14 year olds and 15-16 year olds, with the task being slightly more complicated for the higher levels.



The event must be held in a 'neutral' venue (not in a school) and in York we hold the event at the Portakabin factory, having been at the Railway Museum previously for many years. We usually have in excess of 30 teams each year, with

many secondary schools entering teams year after year. It's a very popular event which the three Rotary Clubs in York jointly organise.



If YOU would like to help at a Technology Tournament event, for example by being a judge (nb no technical qualifications required!) please let us know.

Just email [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)



# The iMuse Programme

“Friends” member Kirsty Halliday, from **Accessible Arts and Media** tells us about this Mental Wellbeing initiative



**A**ccessible Arts & Media launched our new iMUSE for Mental Wellbeing programme in Autumn 2019. We run iMUSE every Wednesday from 12pm-6pm at our base at Sanderson House in Chapelfields.

**What is iMUSE and how does it work?** iMUSE (interactive multi-sensory environment) is a relaxing, creative, therapeutic space. It uses interactive technology to help people reduce anxiety and stress whilst exploring their creativity. iMUSE combines three elements: **Relaxation** – a vibrating mattress gently massages the body. This calms and focuses the mind, relaxes muscle tone and helps reduce anxiety and stress. **Interactive Music Making** – you don’t have to have any previous musical experience to make music with iMUSE. A motion sensor detects your movements and turns them into sounds. You can choose from an extensive range of instruments and other sounds, essentially composing and conducting your own original music and soundscapes. **Creating visuals** – a microphone picks up sounds and iMUSE transforms them into graphics and projects them into the iMUSE space. By simply breathing or vocalising into the microphone, you can select from and control a wide range of colours, animation effects and images.



Each one-to-one session lasts for 30-45 minutes. Our facilitators work with participants to find out which sounds, music, and visuals help them to relax and focus. They then use these to personalise everyone’s iMUSE experience so it’s tailor-made for them.

iMUSE is suitable for anyone looking for a creative, interactive or therapeutic activity designed to enhance wellbeing, and it’s proving really beneficial for people who experience anxiety, stress, discomfort and pain. Paul, one of our regular attendees, recently told us *“I’ve experienced a huge and long-lasting change in many areas, particularly my overall stress levels. My mood and anxiety have undergone a transformation.”*



Visuals created in iMuse

For more information on iMUSE, including how to book a session, please visit [www.aamedia.org.uk/our-projects](http://www.aamedia.org.uk/our-projects)

## P.S. A guide to Telling Stories!

Special thanks to Kirsty and her **Accessible Arts and Media** colleague Kelly Langford to leading our last Networking session for *Friends*, held in November. They led us through a n interactive discussion about “storytelling in Social Media”,



centred on the use of visual story-telling, using video or photographs, and sometimes a series of sequential messages, as a more personal means of getting your message, or information, across on social media platforms – especially on



Instagram and Facebook. There was lively discussion and lots of interchange of ideas. Thanks to you both!

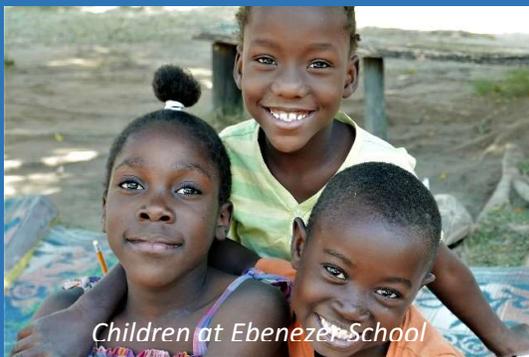
# 8 York Rotary in Zambia!

Our next "friends" event is a Big Quiz (see page 2) in support of the Ebenezer Childrens Trust project in Livingstone, Zambia. Rotarian Mary Lumley explains the background....



Meet York Rotary members Mary Lumley and Sheila Weatherburn who have been great supporters of **Ebenezer Childcare Trust (ECT)** in Livingstone, Zambia since its initiation in 2001 by one visionary lady, Ranji Chara. Originally the aim was to provide much needed feeding stations for the orphaned street children of Livingstone whose families had been devastated by HIV and Aids. Over the past 19 years, through the generous support of donor funding from churches, Rotary Clubs and individuals in the UK, USA, Canada, Australia and Sweden, ECT has grown and now runs a thriving Orphanage Village for over 50 children, a free Primary School for 500 of the most vulnerable children, a Farm and recently established a Secondary School.

Mary, as Headteacher of a North Yorkshire Primary School, twinned her school with ECT's vision of providing a home and an education for these children. Her school raised funds to purchase the land on which Ebenezer Orphanage Village was built, the bricks and the cement!



Children at Ebenezer School

In 2015 on her retirement Mary and Sheila, also in education, visited Ebenezer Primary School, the Orphanage Village and the newly acquired Farm, at Ranji Chara's invitation. Their focus was to provide support for the new Headteacher in Strategic Planning and Professional Development in the teaching of Literacy for the teaching staff.

Inspired by their visit, and as York Rotary members, Mary and Sheila embarked on a project in 2016 to refurbish classrooms, the school kitchen and provide additional teaching resources. They raised over £5500 with York Rotary and Rotary District 1040 support.

Very sadly Ranji Chara died suddenly in 2017 and ECT went through a period of change which, although difficult at times, has ultimately resulted in a stronger organisation. York Rotary and friends continued to support ECT during this period by providing funds for shoes for children at Christmas and refurbishing a kitchen at the Orphanage Village.



Part of the farm at Ebenezer

In 2020 ECT are aiming to make Ebenezer Farm self-sufficient! ECT's new Director, Owen Lisulo, has identified a building on the farm land which could be refurbished to become a piggery. Mary and Sheila saw this disused building when they visited the farm and are excited to be involved! York Rotary has taken up the mantle and is raising funds for this project through a Quiz and Supper Evening (suitably titled "Pigs may Fly"! ) on February 20<sup>th</sup> – details are on page 2

## More FoYR 2020 Events

Some jointly with York Rotary

### Visit to Amazon's Distribution Centre Doncaster

Wednesday March 4th



Join us on a visit to one of Europe's largest distribution centre and discover how your packages are delivered so quickly!! (a.m. ...followed by pub lunch)

All "friends" and their partners are welcome. NB Numbers are limited, so let us know asap if you'd like a place. No cost for the visit. Own transport

Contact [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)



Friends of  
York Rotary

Knowing Me,  
Knowing You

### Next Networking Meeting

"Knowing me, Knowing you"

Wednesday March 18<sup>th</sup> 6.30pm

Join us at our next meeting which will be at Dower House (off Heslington Rd). FREE! We'll have four quick 5-min. presentations from FoYR members about their organisations/charities, then a social and discussion!

Learn what your fellow Friends do all day!

More details coming by email – but please note the date!

### Countryside Walk & Buffet Lunch

in aid of Caroline's Rainbow Foundation

(see article on page 2)



Sunday June 20th



Safer Travel  
Caroline's Rainbow Foundation

4 or 6 miles – your choice! A lovely walk from Hovingham Village Hall, followed by a sumptuous buffet lunch. All welcome

Just £20 incl. food and wine

Contact [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)

# Holly's Jukebox Challenge

Continued from page 1

... "The *Holly Jukebox Challenge* idea is simple: I record, film and upload a different song request video every day 1st - 25th December on *YouTube*, in exchange for donations to *York Mind*. Requesters can choose to dedicate their song to a loved one or friend, as I hold up a dedication card at the start of the video, so it can be an early Christmas gift for someone!

Holly at her  
"day job" with  
York Mind



I open up the song request calendar in October, and over the years I've amassed quite a loyal following of requesters (some of whom tell me they're thinking about what to request a year in advance!). I set a minimum donation of £20 per song, aiming to raise £500 in total which makes a big difference to a small charity like *York Mind*.

There's no holds barred with requests - I've done all sorts! Some of my favourites have been *Bat Out Of Hell*, *Stairway To Heaven*, *Raindrops Keep Falling On My Head*, lots of Joni Mitchell tunes too, and a few have been viewed and retweeted



by the original artist or band which is such a great honour.

It's a lot of hard work, especially alongside the busy month of December in Fundraising, but I can't imagine spending the run up to Christmas any other way now. I have so much fun with it, and in 2019 I managed to raise £1050.25 in total. Considering I'm always asking people to donate to *York Mind*, I'm really grateful to have doubled my target and can't wait to do it all again next year!

If you're curious, you can view all the videos by visiting my YouTube channel <http://www.youtube.com/hollytaymar>

If you'd like to request a song in 2020, keep an eye on my Facebook page in October for the calendar opening up:

<http://www.facebook.com/hollytaymar>

Holly



Rotary York's 9

## Youth Services:

Growth and Development

by Rotarian Eileen Davis

Each secondary school in the City has a *Rotary Ambassador* who promotes our activities for young people and keeps in touch - for their benefit. For some years, Rotarians have responded to occasional requests to hold mock interviews and thus help to develop students' interview skills.

We were delighted to respond, in late 2019, to a much higher demand for mock interviews, to the extent that we had to enlarge our team of interviewers and sometimes respond to requests at very short notice.

These days, many universities do not interview prospective students, but they do so for highly competitive



courses such as Medicine, Veterinary Medicine and Oxbridge Colleges; we even encountered one student who had already been made an offer but will be interviewed in January for an unconditional place!

We provided in the region of 45 mock interviews - **All Saints School, Tadcaster Grammar School, Joseph Rowntree School and The Mount School**, as well as making a general presentation about interviews to Senior College at The Mount. Many Rotarians volunteered to assist, providing experience from a broad range of careers which were matched as far as possible with the students' subject choices.

We interviewed in pairs or trios to add pressure and vary the experience. We trust that our feedback encouraged the students and will bring success for them; we also learned a lot and very much enjoyed our input.

Our Verdict? There are some incredible young people in the City of York. They interview well, demonstrating high calibre intellectual and personal characteristics as well as significant interests in culture, sport and service to others.

They represent their schools well and have bright futures ahead.

**If any Friends of York Rotary would like to join our interview team, please do not hesitate to get in touch.**

[friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)