

Club News Archive

2013-14

in reverse chronological order

July 2013 - June 2014



The Rotary Club of York
1921-2014

Viking's Romans Our speaker on **June 27th** was Graham Harris, Immediate Past President of York Vikings RC, and also owner of York's Roman Bath Museum. He presented a hilarious discourse on Roman York, focussed particularly on Roman dress, using his live model "Dudlicus". With a life expectancy of only 45 Roman soldiers and gladiators clearly led life to the full. (Female life expectancy was only 35, due to childbirth mortality rates) Graham and Dudley vividly illustrated battle tactics and formations and weapons. Graham emphasised that York was in fact a Roman city, not just a Viking one as many publicity materials proclaim. Members were particularly interested to hear that of all the Roman remain in the city it's estimated that only about 2% have so far been excavated.



Stockbridge Technology Centre Julian Davies led a super visit to this research establishment at Cawood on **June 26th**. Originally a Government station for horticultural research & development into field vegetables, it now a not-for-profit company with a £1.4 million turnover and receives only about 10% of public money, the rest being from commercial work. A 200 -acre site with 3 acres of greenhouses, 25 employees study plant (especially fruit) varieties, soil-borne pests, test new composts, fertilisers & pesticides, research toxicity and produce seeds - all to globally-accepted standards. Always seeking fresh work, they welcome schools, especially partner schools which send 600 youngsters on 3 annual visits to learn about crop cycles and where their food comes from.



Support for Door 84 On a visit this week to **Door 84**, the York youth centre in Lowther Street which has close links with the Club, President Nigel met some of the youngsters at the Centre and handed over a Community Services committee cheque for £1000 to the Door 84 organisers.



(Click photos to enlarge)

Beverley Bikers On **June 22nd** Chairman Graham, President Nigel & Editor Eileen went along to Clifford's Tower to welcome RC Beverley's riders who were taking part in the "**5 Sundays in June Cycle Ride**" to raise money for **Real Aid's Crisis Boxes** for flood relief. The riders ranged in age from 8 to 83 years and had that day come from Thirsk via Ripon & Knaresborough. Their support vehicles contained Beverley President Jonathan Le Vine, who presented a banner to us. See also the **RC Beverley Club's website**. The riders reported that they had enjoyed each Sunday, including kind weather. Their most challenging ride had been the first one from to Whitby. The final day will be Sunday 29th June when they will start in York and make their way home to Beverley via Howden and Market Weighton.



Club Visitors Two visitors joined us at the Club Assembly meeting held on **June 20th**. Liz Langwade, from **York Young Carers**, and a previous speaker at one of our meetings, was welcomed to accept a cheque for £500 presented by President Nigel towards the work of Young Carers. We were also joined by District Governor Nominee Hazel Haas, who spoke briefly to the Club to express her appreciation of the wide and progressive range of activities that the Club promoted to help the local community. She went on to explain some of the alternative RIBI proposals and thinking regarding possible boundary changes to Districts across the country; explaining that a final choice of proposals would be made soon and then put to a vote of Clubs across the UK.



June Club Walk *David Thompson reports...* **June 19th**. A lovely walk in perfect weather. A seven mile route taking in the picturesque Masham golf course and the Swinton Park estate, followed by the return leg by the river Ure, culminating in some greatly anticipated refreshment at the Black Sheep visitor centre. Of particular interest was Nutwith Cote Farm, an 18th-century manor house with a stable block linked to the history of thoroughbred horse breeding - more details can be read below



Monitoring Pollution in York *Russ Rollings reports...* Elizabeth Bates, Principal Environment Protection Officer (Air Quality) of York City Council talked to the club on **June 13th** about the measures taken by the council to monitor and safeguard us against air pollution. Having been interviewed for the job about 20 years ago by Trevor Phillips, Liz must like her job! In York, some 325 roadside monitors are checked monthly for nitrogen dioxide and particulates. You'll see little test-tubes filled with white powder on many city lamp-posts on main roads. Not surprisingly, it is buses, lorries and taxis which contribute most traffic pollution, and roads such as George Hudson Street sometimes exceed permitted pollution levels. Initiatives such as electric buses (qv. our recent visit to Optare), getting tour-buses to switch off rather than idle, stop-start car technology and provision of electric-charging points are all helping, but cold, wet winters have an adverse effect, 2010 being particularly bad. Poor driving techniques (hard acceleration and then braking) were also cited. A very engaging talk of great interest to members as our health is directly affected by Liz's work.





Life as an Equerry On June 6th Lt Cdr Richard Tarran RN spoke eloquently and amusingly to the Club about being an Equerry to HRH The Duke of Edinburgh in the late 1990s. A Marine Engineer by training, he now uses his skills and experience to teach leadership and development and to run expeditions. Equerry (note the pronunciation emphasis) is a term derived from old French – the squire, a role which involved caring for the Lord's horses. The Equerry supports the Duke in his official and private duties and is involved in planning and organising visits and events. Richard showed us the aiglettes which are worn over the right shoulder to signify the Equerry's role (see photograph) and he explained that their origin is probably historical and connected with horses. Richard illustrated the formal and informal aspects of the role of Equerry. One example was the Balmoral barbeque, when he found himself driven by the Duke to a bothy on the slopes of Lochnagar, where he helped to unload food and make martinis before they were joined by many members of the Royal Family, including the Queen and Princes William and Harry who had lost their Mother just 3 days before. He would later take on the role of deputy leader of an Operation Raleigh expedition in Costa Rica, which was joined by Prince William. A capable, modest Yorkshireman who has achieved highly and continues to achieve great things, Richard's talk was very well received.



Optare Buses About 15 members enjoyed a "vocational visit" on June 4th to the 3-year old facility of [Optare Buses](#) in Sherburn, wherein are assembled "green" buses from components of which 60% are made in the UK. The group saw several of the new York (Poppleton) Park & Ride electric vehicles which are ready for delivery! Very smart they are too. The factory produces 450-500 buses per year and, as we saw along the production line, many UK cities and companies have orders in; some have been supplied abroad, to Australia, The Netherlands and others. There is great excitement as Transport for London has recently committed to them. Optare certainly has an eye on the future and its Sherburn family of about 500 workers takes great pride in the product and its creative developments such as cameras, computer monitoring systems and other safety features. Optare now belongs to Ashok Leyland, which is 76% owned by the Hinduja's and the other shares being with smaller private investors.



International Clubs Weekend Despite the absence of members of the Rotary Club of Aubusson, who this year were unfortunately unable to attend, the International Inter Club meeting at Stratford upon Avon on May 29th to June 1st proved a tremendous success, with a total of 58 Rotarians and partners attending. It was a very full weekend, much enjoyed by all. Many thanks are due to Robin Rich and the other organisers of this weekend. A FULL REPORT on the weekend can be found [here](#)



Beetle-Mania After the Rotary lunch on May 16th, three Members joined Graham Wilford to see the beautiful Tansy beetles living happily on the Tansy plants in the Museum Gardens. Their iridescent green coloured wings with a copper coloured sheen, made them attractive to Victorian ladies for use as sequins. Originally common throughout the UK, they are now only found on a 30km stretch of the River Ouse corridor centred on York, living almost exclusively on and around the Tansy plant for the whole of their life cycle. No wonder they are a conservation priority species - not just in the UK, but across its worldwide range - because although they have wings, they don't fly and as patches of the tansy plant disappear the beetles can only survive if they can find another Tansy plant within their maximum walking range of 200m! Another of York's hidden gems! ([more on the Tansy Beetle here](#))



Single to Hong Kong On May 16th, the club speaker was Rtn Brian Joscelyne (your very own Webmaster!) who presented a series of slides, at express speed, of his recent trip by train from the UK to Hong Kong, including the famous Trans Siberian Railway. The 8,000 miles trip took 16 days, with several hotel stops en route including a chilly (-32C) Omsk, in central Siberia. Most members seemed intrigued but it did probably confirm the prevailing view that their Webmaster is crackers! Brian kept an online "blog" each day during the trip, which is still available to read here - <http://singletohongkong.wordpress.com> Note, the blog is written in reverse chronological order.



(Click photos to enlarge)

May Club Walk Another sunny day, another Rotary walk! On May 15th a group of 15 met up at the distinctive Monument to Sir Tatton Sykes, near Sledmere, to repeat a walk undertaken two years ago in almost "whiteout" conditions. This time the weather was perfect, and the walk across the glorious Wolds scenery to Cottam and its abandoned Victorian church was an altogether more pleasant experience! Returning after 8.5 miles, with the last mile or so uphill and challenging everyone's energy levels, the lunch at the Triton Inn Sledmere was a well-earned reward. With amazing efficiency the pre-ordered meals arrived, and magnificent they were too!



The Stroke Association Probably, we all know something about the causes and effects of strokes, and RCoY has been encouraging people to check their blood pressures for many years in annual "Check" days. But on May 9th, our speaker, Katy Barton from the [Stroke Association](#), got all members' attention when she related some of the statistics about this disease, and its treatment. With one stroke happening every 3.5 minutes in the UK, there are 152,000 victims each year, with 1 in 3 strokes being fatal. It is not an "elderly person" disease either, with only 1/3 of incidents being in people over 65. Strokes are also the largest cause of complex disability in the world. Katy then outlined some of the measures we can take to avoid strokes - not smoking, taking regular exercise and good diet, in particular the avoidance of too much salt. Most telling was her encouragement to take notice of "mini-strokes", which many people simply ignore as a "funny turn" but which, in one in 12 instances, actually lead to a full stroke shortly afterwards. Katy emphasised that any symptoms of stroke, such as those described in their "FAST" test, should be taken seriously and followed up with a doctor visit to a doctor. For severe strokes, a 999 call is always advised. More details about symptoms, the "FAST" test, and the work of the Association, are on their website - [click here](#)



The work of the Jack Raine Foundation The [Jack Raine Foundation](#) is our Club's chosen charity for this years Dragon Boat Challenge, so it was with particular interest that members welcomed our speakers on **May 2nd**, JRF Project Director, Darren (Sid) Sidebotham and Project Manager Tim Phillips. Sid outlined the background to the JRF, how Jack Raine, an ex-boxer who was housemaster at an approved school, founded the organisation, originally called "Off the Hook", which became a charity on 2004. After Jack died in 2012, the name was changed to the Jack Raine Foundation. They provide support for education, welfare, health and wellbeing for some of the most vulnerable children in York, helping them, as Sid said, in their most "uncertain times" through provision of sport facilities and ultimately the opportunity for them to gain sports qualifications. Currently about 80 youngsters per week are participating. Tim explained their latest programme, called "*Get Fit - Learn - Make a Change*", which Rotary will be help to fund through DBC. This provides the youngsters with positive relationships and support, and is having remarkable success. PE John Lacy, who was speaker's host, said the Club congratulated Sid and Tim on the work they are doing in sometimes very challenging circumstances.



Club Charity Walk On **May 1st** the Club's annual Charity Walk organised by The Foundation / International Committee and David Heasman in particular, in aid of Polio Plus, took place with over 60 members, partners and friends taking part, based around Wombledon Village Hall. After several weeks of good weather, it was unfortunate that it had turned misty and drizzly, but that by no means dampened the spirits. The longer walk was 6.5 miles, taking in Welburn, Kirkdale and Nawton. Many took the opportunity for a short visit to St. Gregory's Minster in Kirkdale. Diana Naish, assisted by Linda Lacy, had spent the previous day preparing a lovely cold collation for lunch. They were warmly and sincerely thanked for their significant efforts. The day provided not only excellent fellowship but also raised £503 for Polio Plus. RCoY will double this figure and Bill Gates will match it two-to-one, thus about £3,000 will ultimately be raised. Many thanks to David and all who helped organise and run this worthwhile event.



Visit to Potakabin *Frank reports:* On **April 25th** a dozen members enjoyed an extremely informative and interesting vocational visit to [Portakabin](#), in Huntington. Their £250 million turnover contributes two thirds of the parent Shepherd Group. This internationally successful company originated from the inventiveness of the founder Donald Shepherd who introduced the original concept on facilities for construction sites. Now this element accounts for only 10% of the business: the huge expansion has been the development of modular construction techniques individually designed for schools and hospitals. 600 employees on the York site produce the finished products from raw materials sourced mainly in the UK. We were given a conducted tour by the Operations Director and the General Manager and the guiding principles - Integrity - Teamwork - Commitment - Innovation were obviously not just words! We saw the latest innovation - a modular three bedroom semidetached house which can be erected and fitted out on site in 48 hours! It looked just like a conventional brick two storey semi with a slate roof - a far cry from the original portakabin! York is extremely fortunate to have such a progressive, successful and family owned international company in the community.



April Walk The weather forecast was for "cloud with possible sun". So on **April 17th** sixteen walkers (and Willow) set off across the Moors from Lastingham, dressed for all weathers. The strength of the cold wind surprised many as we reached Ana Cross after a steady 3-mile ascent. But Frank's eagerly anticipated supply of sweets refreshed all essential parts and we set off again downhill for most of the rest of the walk, through 'picture postcard' Hutton-le-Hole and back to the Blacksmith's Arms at Lastingham. This involved one further steep ascent out of H-H, rewarded by a few brief glimpses of sunshine. The 8.4 miles seemed much less, as we sat down for a fabulous lunch at the Blacksmith's. Another fine Rotary walk, thanks to Steve Burton for organising and leading.



Markenfield Hall On a beautiful sunny day on **April 15th** a group of 40 Club members and partners (a record turnout in recent times for a visit of this nature) enjoyed a personal tour and talk at [Markenfield Hall](#), near Ripon, an unspoilt and restored 14th Century moated country house. Our erudite and extremely knowledgeable guide Caroline explained the lineage of Markenfield, Norton and Grantley families that have lived in this medieval hall since around 1300. Sir Thomas Markenfield became a central figure in the ill-fated 'Northern Rising' in 1569 and the fortunes of the house waxed and waned over successive years until the 1980s when the 7th Lord Grantley, together with Lady Grantley (who still lives in the Hall) began a programme of restoration that would see the house returned to some of its former glory and a family home once more. The interior rooms, with a magnificent Great Hall, private chapel, bedrooms and a Drawing Room and suite of rooms in the former undercroft, had a warmth and charm which exuded living history. After our tour, we decanted to a local Garden Centre whose Bistro restaurant had been prepared for us with a delicious cream tea, awaiting our arrival. Our thanks to Robin Rich for organising and efficiently executing a truly memorable visit.



Young People in Gambia Our speakers on **April 11th** were Alex Ralls, Deputy Head of Boarding at Queen Ethelburga's School, and Lauren Whitworth, and ex QE pupil now studying nursing at Birmingham University. Their subject was the "*Affecting Real Change*" charity which was set up by Alex, and entailed visits by school students to give practical help to schools and hospitals in villages in Gambia. Alex explained that the process starts with ensuring the basics of water supply and sanitation, then building or renovation of classrooms or hospital facilities. Over 200 young people each year travel to Gambia, and Lauren outlined her experiences last December, which included helping 'in situ' to unload a trailer organised by Physionet, a charity closely supported by our Club, which arrived with £150,000 worth of equipment for the local hospital, then working to re-decorate hospital walls (after taking care of the severe damp problems). She explained that living on site - not in a comfortable hotel away from the village - was rough but helped make this an authentic learning experience. Members were fascinated, and once again encouraged by the positive attitude and involvement of so many of today's young people.



Tour de Force On **April 4th** we welcomed Sally Burns, Director for Communities and Neighbourhoods at York City Council, who spoke about the city's preparations for the "Grand Depart" of the Tour de France on July 6th. Although members were all aware of this event, few had realised the scope and complexity of what is going to occur, with over 150,000 visitors expected to be in the city on the Sunday, and extensive media coverage of the event which will comprise over 400 vehicles and support, as well as 200 riders, taking part in a 3-hour parade through York before the race itself starts from the A59 at the city boundary. Sally explained that the city's priorities, in an event costing £1.6m, were to ensure a safe event, to maximise the benefit to the City and its businesses (with potentially a £100m economic boost), and to promote a lasting legacy for the city in community spirit, increased cycling and fitness benefits, and tourism. The Tour de France is clearly a chance to put York even further "on the map". Magnifique!



How is our footprint? Our speakers on **March 28th** were Jared King and Barry Paschali, both from Paschali Ltd, a consulting company advising businesses on energy efficiency and carbon reduction. They explained to members their definition of sustainability and the impact of three "strands" on the environment - directly through vehicle emissions, fuel etc, and indirectly through electricity purchase and use, and finally through areas such as "required" employee commuting and travel. For example, one tonne of carbon emissions can come from 3000 miles of car driving, vs 1 to 5 years of watching TV (a clear choice there, then!) Our cycling President looked on smugly as Jared explained that changes in both physical and behavioural were needed to make a difference, but there were clear cost advantages to business to motivate them to make such changes. Some Members evidently found some of the presentation to be very controversial, and lively debate ensued. The challenge was thrown down to the Club to measure and record our carbon usage as individuals, and collectively, with a view to making our own footprint reductions....



Club Walk March's walk, on **March 20th**, was 7.5 miles based around Boston Spa, with leaders Mike & Ros Hay. Eleven people, plus Willow & Winne, enjoyed a dry day though rather dull & breezy. Spring was all around - greening hedges, daffodils and noisy birds, with lambs & calves in evidence. An excellent meal followed at the Pax Inn at Thorp Arch.



Technology Tournament On **March 18th**, 37 teams (each of 4 pupils) from many local secondary schools took part in the 10th annual Technology Tournament at the National Railway Museum. They had to design, build and demonstrate a machine to carry a "Shelter Box" across a ravine. A purposeful and competitive atmosphere prevailed throughout the day. The young people were supported by teachers, Rotarians and Presidents from the three York Clubs, Rotary District 1040 Governor Mark Stewart-Clarke and Tony Jordan, RIBI Head of Technology Tournaments. Others in attendance included the Rt. Hon. The Lord Mayor of York and her Consort. Members of the public who passed through the Station Hall during the day often stopped to watch and wonder..... All were impressed with the spirit and technical ability of the participants. A large number of Club members acted as stewards, and judges, for the day, and helped set up, run and clear up in the Station Hall. The enthusiasm, dedication, and indeed skills shown by all the young people who participated was a joy to see!



Environmental Governance As part of "Environment Month" our guest on **March 14th** was Rtn Sunil Murlidhar Shastri, a member of Scarborough Cavaliers Rotary Club, and a lecturer at the University of Hull. In an enthusiastically delivered, intellectual and challenging presentation, he outlined his 3 socialist-humanist approaches to oceanic and environmental governance, and the "Seven Pillars of Governance" against which projects should be assessed and measured. As examples, he explained that more progress towards the annual aid goals agreed in 1980 would be made if the 0.7% GDP recommendation for aid was met - the UK allocates 0.4%, the USA only 0.1%. (The Scandinavian countries however all meet this goal) Water and sanitation are crucial to development and the link to poverty is proven. More action is needed - not "drip-drip" but a flood. "Food for thought" (terrible pun) was the clear reaction of members to Sunil's presentation.



President's Dinner 85 members and guests attended the Club's annual President's Evening on **March 7th** in the Gimcrack Suite at York Racecourse. President Nigel and Diana Naish were joined by a Civic Party which comprised the Rt. Hon. The Lord Mayor of York Councillor Julie Gunnell and her Consort Councillor Ken King, together with the Sheriff of York and Presidents of York Ainsty and York Vikings Clubs, Jim Murison and Graham Harris. The Inner Wheel was represented by its President-Elect for 2015-16, Mrs Alison Heath. Our speaker was Stephen Upright RN who is now the Clerk to the Merchant Adventurers Company of York, but had an illustrious career in the Royal Navy submarine service. After relating many tales of the privations of working in submarines, Stephen summarised his role as an exciting, important job which influences the World for good. The excellent evening ended with a musical interlude, with songs from Soprano Jane Sturmheit and Tenor Ed Sturmheit, accompanied by Geoffrey Coffin. Grateful thanks are due to MC David Rayner and main organiser, Donald Heath



Project Mala Known to several Members of RCoY, Robin Garland is a "Yorkie" through and through and is a Freeman of the City. On **February 28th** we enjoyed both his talk and a film premiere, demonstrating how, for 25 years, Project Mala has provided much-needed education to 7,000 children in rural areas of North Central India near Varanasi; this is treating poverty at its roots. It seeks to give young people, many (to date, but thanks to Rotary, perhaps fewer in future) with post-Polio deformities, the tools to dig themselves out of poverty - and there are many success stories. Each year, 200 primary school places are provided in 6 classes; 100 of them will be selected for intermediate schooling and then 40 will go on to the one secondary school which has a boarding facility as the scholars come from over 80 villages dispersed throughout the area.



February Club Walk Mike Hay reports:... "No Rotary walk has been complete without mud, and this walk on **February 20th** was no exception! A beautiful circular route, in good weather after an initial light shower, from Ripley along the Nidd through Hampsthwaite, Clint, and return past Ripley Castle was made more exciting by the slithery conditions underfoot down by the river, resulting in the rapid transition to horizontal of at least one participant. Mainly flat, but some of us accepted our leader's challenge to attack a rather disconcerting climb up a long grassy hill, rather than settling for the road route favoured by others! Once pulse rates had returned to something approaching normal, all was well. Back via the car park, and sufficiently "de-muddied", we enjoyed leisurely drinks and an excellent meal at the Boar's Head, getting back to the cars just before the onset of a quite significant downpour. Truly the gods smiled on us."



Minds in Motion At our meeting on **January 31st**, Johanna Gledhill, who is the Minds in Motion group's current Funding Coordinator, explained how the students from the University of York provide opportunities for Dementia sufferers and their carers to socialise and engage in practical activities. The group was started by students from the Hull-York Medical School who identified a shortage of opportunity for Dementia patients and their carers; it has now evolved, with many (but not all) of the current 213 volunteers being students of Psychology - they find working with sufferers helps bring practical experience and example to bear on otherwise theoretical studies. Minds in Motion is self-funding, via activities such as bake sales and supermarket bag packing. At the end of the session, President Nigel handed her a cheque for £600, our contribution to this very worthwhile local cause.



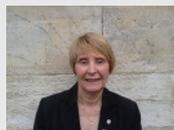
Rotary Young Chef The York Young Chef Competition has seen the local Heat at Joseph Rowntree on **January 23rd**, judged by Diana Naish & Graeme Robertson; and the Final held at York College on **January 27th**. The eventual worthy winner, as judged by Graham Fyfe of York College and Simon Halmshaw of Poppy Catering, was Edward Cass from Archbishop Holgate's School. His superbly finished dish is shown below and he will now go through to the District Final at Betty's Cookery School in Harrogate on Monday 3rd February. The runner-up was Amy Woodall from Joseph Rowntree School. All competitors demonstrated skill and competence in the venue's industrial kitchens.



Burns' Night Greeted by Piper Michael Pringle who created the right atmosphere and piped in the Haggis, those present on **January 25th** were treated to a sumptuous Burns' Night Supper at the Pike Hills Golf Club including, of course, cock-a-leekie soup, haggis, neeps and tatties and cranachan. A theatrical Address to the Haggis was given by Frank Paterson, in inimitable style, with translation by David Jesper. The Immortal Memory was addressed by James Robertson, Past President of the Robert Burns World Foundation. He amusingly reminded everyone that Burns only lived to the age of 37, but it was a full life as a farmer, exciseman, poet, lyricist - and lover. A cultural icon, his verse and songs are known around the globe. Back by popular demand, Peter and Margie King delivered the Toast to the Lassies and the Reply. Both of them were very well received, the audience much appreciating their research and speech planning. Thanks to David Impey and the Fellowship Committee for another successful event well organised. There was a ceilidh at the end of the meal and many used the opportunity to work off some of their food (and drink) intake!



Welcome back Val! At our meeting on **January 24th**, in the presence of DG Mark Stewart-Clarke, the Club inducted Val Revell who has transferred from the Rotary Club of Templestowe in Australia. Val is already well known to many Members, her late Husband Tony having been a Member of RCoY and founder Member of the Dragon Boat Committee. In Templestowe, Val worked diligently on the Fundraising Committee and had a reputation for commitment and working willingly for the benefit of the Club. She also participated in the annual presentations of the Tony Revell Award - Engineering, RC Templestowe's tribute, recognising a student from a local training institution who works hard and seeks excellence in their achievements. Her many friends in the York area welcome Val back to England and RCoY looks forward to her contributions.



Presentation at Catterick A group of Club members travelled up to Catterick on **January 22nd** to witness the unveiling of a commemorative plaque in a room at the Personal Recovery Centre. This was an appropriate way to end the 2013 York Rotary Dragon Boat Challenge. Help for Heroes was the principal charity supported in last year's event and the funds raised were allocated to the fitting out of a room in the 50-bedroom Phoenix House, the recently built recovery centre in Catterick Garrison. H4H Coordinator Michaela Slay thanked the general public for their generosity and particularly she praised the contributions from the DBC participants, and of course the huge support and efforts of our own Club.



Camphill Village Trust In a spell-binding and often moving presentation to the Club on **January 17th**, Andy Paton, accompanied by residents Neil and Jamie, outlined the work of the Camphill Village Trust, who provide homes within a supportive community environment for people of all abilities, across England. Their emphasis is on community, and believing everyone has something to offer. With 400 residents in 9 locations, including three in the NorthEast, social enterprises such as restaurants, and activities such as gardens, agriculture and crafts, are obviously flourishing. It was clear especially from the personal experiences related by Neil and Jamie, that the development of self-esteem and a feeling of worth are the positive outcomes from this venture, which relies heavily on donations as well as individual's benefits, welfare, and Local Authority grants. Read more about CVT [here](#)



Club Walk After a night of continuous rain, heavy dark skies greeted the (record) 16 walkers who assembled on **January 16th** at Goodmamham, near Market Wheighton. But, true to form - since this WAS a Rotary walk - the sun broke through and blue skies appeared just as we set off on the 6.5 mile walk; and it turned into a perfect winter walking day - though extremely muddy! A brief stop was made in Market Wheighton to admire the lifesize statue in English Oak of William Bradley, who at 7ft 9in was Britain's "tallest ever man" and was born in the town in 1787. We then traversed sections of the Yorkshire Wolds Way towards Londesborough then south again, with only minor ascents, to the Goodmamham Arms, an 18th century inn preserved with a wonderful authentic atmosphere and enjoyed an excellent lunch - washed down by some with locally brewed Peg Fyfe Dark Mild, named after a local witch from the 1700's. Many described this as the best dark mild beer in the county.



York Clubs featured in The Press Our local paper The Press recently featured a 2-page spread feature about our three Rotary Clubs in York. An extensive write-up of the many activities and ethos of the Clubs, it also featured quite a few photographs, most notably our yellow-jacketed cycling President Nigel! In case any members missed it, you can [click here](#) for a link to the electronic version on the Press website.

The Press have also run a feature this week about the Jack Raine Foundation, the local activity and training centre for young people, whom we will be supporting in the 2014 Dragon Boat Challenge. [Click here](#) to read this feature.



Memories of RYLA The 2014 New Year got off to an energetic start when on **January 3rd** our speaker, Bryony Cox, related her experiences when attending RYLA last year. She mentioned her involvement with the Sea Cadets for the past 7 years, now in a leadership role as Lead Cadet, which probably explains her remarkable self-confidence as she talked through an amusing set of slides and related the various tasks and activities of her six days at RYLA. It transpires her team were successful in winning some events largely due to some subversive help provided by a Rotarian adviser! No surprise there then! Bryony summed up her week by saying it taught her she could achieve so much more than she thought she could. She is a great ambassador for RYLA.



A Merry Christmas Lunch On **December 20th** the Club meeting was a festive and entertaining one, with the hotel's excellent traditional lunch - and crackers - getting everyone in the mood, ably assisted by the four-piece band led by our own Tim Hinton and Tom Jackson, together with Alan Morrison and Ken Iles. Music, heartily-sung carols and even "Jingle Bells" to the energetic accompaniment of members' spoons and glasses (??) were interspersed with readings, on the lighter side of Christmas, from John Russell, David Rayner and President Nigel. All rounded off by a stirring, if slightly unusual, rendition of "We Wish you a Merry Christmas". Indeed we do....



December Walk Once again, **December 19th** saw the sun squeezing in between the previous day's storms and the following day's cold, to welcome our "sunshine" walkers. Fourteen of us followed David Impey as we took to the paths around Castle Howard on a fairly easy flat 6-mile walk in the beautiful crisp weather under a cloudless blue sky. We had one stop for sloe gin and mince pies generously brought by David and Celia. It was very muddy underfoot but suitably shod (Jeremy, you were sorely missed...) and making good progress we arrived at the Crown and Cushion, newly refurbished and very welcoming, in Welburn for a splendid lunch.



Winter Golf A fun nine-hole Christmas Draw was played for at York Golf Club, Strensall, on **December 16th** to round off the Golfing Year. 17 players and one none golfer attended and was enjoyed by all. The winning and second pairs, drawn at random by all the golfers, were : 1st - Dennis Adamson and Tom Jackson with 35 points 2nd - Keith Hayton and Mike Wilson with 27 points
The prize for highest individual score was - Dennis Adamson 19 points; 2nd - Keith Hayton - 18 points 3rd - David Impey, David Sweeney, Tom Jackson - all with 16 points. Past President David Jesper presented the prizes. All golfers taking part made the day with a variety of scores being returned !!

The Encephalitis Society Our speakers at the **December 13th** meeting were Philippa Chapman and Ava Easton from the Malton-based [Encephalitis Society](#). Philippa, their Operations Manager, and Ava, their Chief Executive, explained that encephalitis, an inflammation of the brain, is a rare complication of a common condition which can strike at any age and result in memory problems, fatigue, and often severe brain damage. It has a high mortality rate - 8 out of 10 can die if the condition is not treated - and 3 out of 10 even with treatment. The Society exists to provide support, empathy, and shared experience for sufferers and their families, as was powerfully illustrated in their DVD film "Stolen Lives". Members were amazed to hear that this Yorkshire-based charity was the only one in the world dedicated to improving life quality for encephalitis sufferers, with international links and increasing international impact. We wish them well.



IPP becomes ADG. Congratulations are due to Immediate Past President Darrell Hind, who has been elected at Assistant District Governor (North) for 2014-15. His remit will cover the District 1040 Clubs in Richmond, Wensleydale, Ripon, Ripon Rowells, Harrogate, Harrogate Brigantes, Knaresborough, Thirsk, Northallerton and Northallerton Mowbray.



Running a Marathon! Most of us have some notion of how difficult running a marathon must be. But we most likely did not fully appreciate how hard the preparation work is, until our speakers Helen Gibbs and Claire Brown enlightened us in their talk on **December 6th**. Helen and Claire ran the 2013 London Marathon, and gave a detailed account of their training regime – using a book called “The Non-Runners Marathon Trainer” – and their experiences on the day itself. Their daily training built up to 20-mile runs, and the development of their “mantra”, which was on the lines of “We can do it, we are marathon runners!” In the event, they both managed the Marathon itself, with a preliminary beforehand that was along the lines of Eat, register, Eat, shop, Eat, travel to the Greenwich start point, Eat pasta..... followed by 26 miles of pain and exhilaration in equal measures. They explained that the crowds were incredibly uplifting and helped pull them through, especially during the last gruelling six miles. Between them, Helen and Claire raised well over £5000 for their two chosen charities, NSPCC Childline and the Cardiomyopathy Association. A great achievement.



Fire and Rescue ... This month's Vocational visit on **December 6th** was to Acomb Fire and Rescue Station, one of the two fire stations serving the York area. It is home to two fire engines, one permanently manned by a 'watch' crew of four full time firemen the other by a 'retained' parttime crew. The watch team engine will be on the road within three minutes of getting the message from the 999 control centre at Northallerton. Retained firemen are contracted to get to the station within 6 minutes of getting a call. Fire prevention policies have significantly reduced the number of fire call outs. Ron Robb was fascinated by the sophisticated and very powerful hydraulic equipment used at road accident incidents!



President's Lunch On a cold but sunny day, 114 members and their guests attended the President's Lunch on **November 29th** in the Dante Suite at York Racecourse. After an excellent 3-course lunch (with equally delicious vegetarian options!) President Nigel formally welcomed all our guests, and then introduced the speaker, Dr Mohammed Kibirige. Dr Kibirige is the President of Middlesborough Rotary Club, a local senior paediatrician, and the mastermind behind the ABC project ([Aids-free Birthright for Children](#)) a programme in Uganda aimed at preventing the movement of the HIV virus from infected mothers to their children. He explained that the project was to educate rural areas in that country to understand the problem and provide solutions and protection. By using transmission interruption drugs, and other measures, the 35-45% chance of transmission of this dreaded disease can be reduced to under 2%. The preventative treatment has a 94% success rate. The project, which costs over \$100K per year, is supported by many Rotary Clubs and districts including our own. Dr Kibirige's presentation, and the accompanying DVD presentation, clearly made an impact on his audience. President-Elect John Lacy, in thanking our speaker, added that this was a real example of Rotary making a difference in the world. More information can be found on the ABC website [here](#).



Community Service In the past few weeks the Club has made two donations to local groups - a cheque for £322 was presented to Fulford's "[Beekeepers After School](#)" group for the purchase of a computer for use by all the children but especially those with additional learning needs. A donation of £200 was also made to the York "[Assertive Outreach Team](#)" to assist them in the distribution of Christmas hampers.

"Pain and Pleasure" The November walk from Kexby via the River Derwent to the Three Cups at Stamford Bridge turned out to be a memorable affair - at least for one of the participants! Jeremy Valentine joined the group for their excursion on **November 21st**, and relates the tale of his 3-mile "ordeal" in the latest edition of the Club magazine "Rotagraph". Finding the going difficult, Jeremy relates how appreciative he was for the help of four Rotarian friends who accompanied, helped and encouraged him across slippery mud and many stiles. In the end, Jeremy concludes "Maybe another time I'll just go to the pub!" He, and the other walkers did however enjoy a good lunch (and drink) at the Three Cups, and overall the experience was a pleasant one - as all our Club walks are, of course!



Response to Typhoon Haiyan The Club recently approved the expenditure of £1200 from the Club's Charity Account to supply an additional [Shelter Box](#) and two [Aqua Boxes](#) for despatch to the Philippines following the disastrous typhoon in that country. More about Rotary's response (RIBI) can be found [here](#)



Honorary Life Member receives award On **November 26th** one of our Club's Honorary Life Members Patrick Shepherd received the York Press 2013 Lifetime Achievement Award at an event attended by 350 business people. The award is a massive thank you to the man or woman whose life and work has been devoted to the betterment of our business community and of York, one whose overview and understanding is matched by action; who is unquestionably respected for integrity and intellect. You can read more about Patrick's award on the [York Press](#) website - [click here](#)



Dick Stanley Members were very saddened to hear of the death this week of Dick Stanley, who had been ill for some time. Dick had been a member of the Club since 1981, and prior to his retirement had been a solicitor, spending virtually the whole of his career with Harrowells, becoming their Senior Partner for many years up to his retirement in 1993. He was President of the Club in 1998-1999. Dick will be sorely missed. A full obituary will appear in the next edition of the Club's magazine "Rotagraph"



Officers elected for next year At the SGM held on **November 22nd**, members unanimously elected Mike Fieldsend to be President Elect next year (President for 2015-16). Also elected to 2014-15 posts were Mike Hay (Secretary) and Nigel Everard (Treasurer)

University of York - update On **November 15th**, our speakers were Paul Tyack and Rebecca Mendoza, from the UoY. Paul is a York Graduate and after being in charity fundraising, now works in the Development Office. They work to assist the building of "A University for the 21st Century". Currently, the University sits 8th out of 159 UK in the UK and is ranked in the World's top 100 : not bad for an institution opened in 1963! However, that foundation had taken 500 years!! Paul gave us a fascinating illustrated history lesson about UoY. Rotary Ambassadorial Scholar Rebecca then spoke about how the Graduate Student Association seeks to provide cross-cultural experiences for international students over the winter period. She spoke of how her Rotary connections had made it easy to experience community and cultural activities, but others are not so fortunate. They stay on campus and many have never been to the UK before, so spending even a short time with local families, sharing a meal and conversation or even visiting attractions beyond the City, is of great benefit.



Estate Planning On **November 8th**, John Mumford was our guest speaker on Estate Planning, not the laying out of formal gardens and making the most of herbaceous borders, but the dull stuff of preparing for one's later years which many of us often ignore for at least the first 60 years of our lives. IHT and care home fee thresholds changing. Changes in family structures also can upset what years before seemed to be a cast-iron will. Family trusts seemed to be the latest vehicle for tax avoidance. The bottom line seemed to be that the older you get the more careful you need to be in order to ensure that what you leave goes to those whom you wanted to get it. Basically growing old is not for wimps! But the club enjoyed a humorous, upbeat talk on what is really a very serious subject.



Vocational Visit Sixteen members visited the City of York's CCTV and monitoring management facility in the City West Offices on **November 8th**. Over 100 CCTV cameras owned and installed by CYC are sited strategically throughout the city. They operate 24/7 and are centrally controlled and monitored from two operations rooms in West offices. The crime and anti social behaviour control room has direct radio links with the police to alert officers of potential areas of disturbance. Over 500 incidents were monitored by this means in September, and filmed footage of 42 activities were passed to the Police. The camera reliability is good and the zoom produces very high quality and detail which is retained for 30 days. There are also direct radio links to all CEO's (traffic wardens). In addition, the Horizon Bus system operates real time monitoring of all bus movements and provides the data displayed on the information panels at certain bus stops. The traffic control room monitors current vehicular activity, identifies black spots and circulates information on Twitter and to local radio. The visiting group asked many questions, and considerable interest was shown in the current restricted access to Lendal Bridge - but its apparently too soon to draw conclusions!



Speaking about speaking! On **November 1st**, our speaker was Lindsay Dutch of the [York RI Speakers Club](#). Lindsay is known to members as a judge in Youth Speaks. He is currently the National President of the Association of Speakers Clubs and had stood in for us at very short notice.....obviously not afraid to address a big audience! He spoke about glossophobia (fear of speaking in public) being the number one phobia in UK and how clubs such as his can help. It is a liberating skill which can bring rewards such as pride, prestige, promotion, social networking and even earnings. He was knowledgeable and entertaining! At this meeting we welcomed 15 Rotarians from RC Cuckfield and Lindfield in Sussex. They were up for the day to go to the National Railway Museum, with Frank Paterson as guide. The photo (right) shows their President, John Davey at lunch. A further welcome visitor was York Vikings President Graham Harris.



Dragon Boat Presentations The 2013 York Rotary Dragon Boat Challenge crossed the finishing line at an awards presentation hosted by the Sherriff of York in the Mansion House on **October 22nd**. The 36 teams had had a really fun day, and raised over £40,000 for their 30 charities and more than £20,000 for Help for Heroes. This money is earmarked for the new Personnel Recovery Unit at Catterick. The photo shows the Sherriff handing the Merlin Trophy to Lt Col Mel Pears, Commanding Officer, 15 Brigade Personnel Recovery Unit, Catterick. The Merlin Trophy is awarded to the fastest service team on the day.



A Vision for Fulford School Our speaker on **October 18th** was Lorna Savage. Lorna is only half a term into her new role as Headteacher at [Fulford School](#), but she has been a Teacher there for over 15 years; indeed, Host Keith Hayton had first appointed her when he was Head! Fulford School's motto is "Realising potential, creating the future" and Lorna demonstrated that, beyond the clear emphasis on academic success and a strong work ethic, values and personal characteristics are nurtured so that pupils can become the best they can be. Matching the pupils with opportunities comes in many forms – clubs, leadership, charity work, science initiatives, work experience, trips (and even Rotary Young Chef!!) all contribute. The school is comprehensive and inclusive; for example, it hosts the first local specialist service for autistic students. Proof of success is evidenced by excellent post-school progression and former pupils are in impressive local, national and international careers. As Host Keith Hayton remarked, Lorna's positivity and optimism spoke volumes; he was (and we were!!) staggered at his perspicacity in appointing Lorna all those years ago.



"The Future of the National Railway Museum" Our speaker on **October 11th** was Paul Kirkman. Two months into his new role as Director of the [NRM](#), Paul ably demonstrated his insight and vision. Paul summarised his plan to increase income generation via partnerships and the attraction of more donations. There is significant potential for partnerships around the collection, and research. NRM has the biggest collection about railway history in the world and making the best use of it is crucial. Income generation from private and institutional donors depends on visitor footfall. There will be a site redevelopment masterplan, to "scream railways" by better signposting and access, rebuilding the entrance, developing the Great Hall, improving the tunnel link and everywhere creating more visual impact with bright displays which both attract and leave lasting memories. Members wished him, and the NRM, (which is close to many members' hearts!) well.



Vocational Visit On **October 11th** a group of 16 members visited the current [Flood Alleviation Scheme project](#) in York. Helen Tattersdale, the Environment Agency's Project Manager for the Scheme, explained the project. The plan took two years to formulate, and safeguards houses in the Leeman Road area. The cost is £4m - £3m from EA (DEFRA money) and £1m from City of York Council the latter enabled the EA to bring the work forward, otherwise the Scheme would have not proceeded for some years. The scheme raises the existing flood protection level by 1 metre., with a 1-in-80 year flood defence being upgraded to a 1-in-200 year scheme. Great care taken during the design stage to ensure that it will blend in as far as possible with the surroundings. The piles being used were interesting as they are made of recycled material and the inner part swells when wet to seal the bank. Thanks are due to Graham Wilford for organising such an interesting visit.



District Conference The 80th District 1040 Conference took place in Scarborough on **October 11th to 13th**. *John Lacy reports:* 11 members and 7 partners attended. The conference theme of "Yes we can - Yes we do" was certainly achieved and deemed a great success. As usual there was a fantastic line up of speakers and great fellowship and networking at the black tie dinner and dancing to the 60's tribute acts (especially Frank who danced the night away) was had by all. The plenary sessions and excellent speakers left us all inspired, invigorated and informed. Thanks to our conference organiser Russ. Also to John, David, Linda and Celia for running the club shop and to Kevin for staffing the membership stand in the excellent House of Fellowship.



Club recognised with Duke of York's Community Initiative Award Our Club is among forty Yorkshire based community groups to have had their work recognised by a major royal award scheme. The Duke of York's Community Initiative is presented annually to community groups and charities from across the whole of Yorkshire who, following rigorous assessment, are deemed to be "of real value to the community, well run and an inspiration to others." Speaking at the awards ceremony in Bridlington HRH the Duke of York talked of how over the years the Initiative had sought to extend its remit so that now it not only recognises and rewards outstanding community work but in so doing seeks to enhance society by encouraging award holders to continue to do all they can to break down barriers between both organisations and organisation and people and people. The Duke was very complimentary about the work Rotary does in the community and was aware that our annual York Rotary Dragon Boat events have raised over £700,000 for over 200 charities during the last 11 years. He was amused to be reminded that the team from HMS York, immaculately dressed in their white uniforms, had capsized the first time they entered the event!

The Duke of York's Community Initiative Award has also been awarded recently to **two other local organisations** closely associated with Club members - The Haxby & Wigginton Youth and Community Association (Pat Wilford and Mike Miller), and Door 84 (Brian Houghton)



(Click photos to enlarge)

York Local Plan Our speaker on **October 4th** was Labour Leader of York City Council James Alexander. Whatever members' political views, there was no doubting that James was most impressive in his command of his subject, and his deep knowledge of the issues and opportunities facing our city. He spoke for 20 minutes without notes demonstrating a thorough grasp of his brief! He referred to the Council Vision for the City of York, which does include the surrounding villages as they make up a considerable number of the electorate. He spoke of the balancing act which the Council undertakes almost on a daily basis in view of the constantly changing brief for Local Councils handed down from whichever government who happens to be in power at that moment. Bristol and York have the strongest local economies in England outside the capital region and, as such, the City is one of the partners in the City Deal Scheme which devolves £534 million of funding to the Regions. This is a 'double edged sword'; as the City is enjoying economic growth then the funding from Central Government is reduced and the York coffers have to be filled by raising 60% of the Budget by Council Tax and receives 40% from Central Government. After his talk, James took questions from members about transport, greenbelt, and support of local businesses. It was a stimulating morning.



Learning about Meningitis On **September 27th** the Club speaker was Steve Dayman, of the [Meningitis Trust](#). Originally from Gloucestershire, Steve's accent was not only a delight to listen to (!) but he spoke very much from the heart, having lost his 14-month old son Spencer to meningitis in 1982. This prompted Steve, who at that time owned a transport business, to start raising funds for research - originally called the "Motorway Men Research Appeal" and, much later, the Meningitis Research Foundation. This quickly grew into a wider fundraiser, notably after an appearance on BBC Breakfast Show in 1986, and spawned the Meningitis Trust, Steve being its founding chairman. Having completed 32 Marathon walks and many other personal fundraising efforts, Steve's proudest achievement was the establishment in 2002 of the £0.5million Spencer Dayman Laboratories at Bristol University. Explaining the various types of meningitis and septicaemia, he encouraged members to support an appeal to the Dept of Health for the sanctioning of a new vaccine for Type B. Members were also interested to learn that the Meningitis Trust now fund more research than the Dept of Health, NHS and MRC combined!!



Club Walk *Frank Paterson reports....* No fine weather walkers in York Rotary! On **September 19th** a party of 13, in a colourful range of wet weather gear, set off in driving rain from Ravenscar along the closed railway formation to Robin Hoods Bay. By the time we reached the Bay Horse Inn we had dried out - particularly inside. So we were easily tempted to sample the liquid refreshments on tap - Draught Deuchars from Caledonian brewery went down a treat! The excellent food and cosy atmosphere made us reluctant to start on the return walk along the beach to Boggle Hole. The steep climb up to the scenic path along the cliff top was a real grind, but the National Trust descriptions of the Alum works gave us a good excuse for lingering.



Whizz-Kidz On **September 13th** our guest speaker was Sally Waters, from [Whizz-Kidz](#). Sally gave a very upbeat and positive talk about this charity which provides for mobility equipment needs for disabled children aged from 18months to 18 years. This includes provision of equipment itself, wheelchair skills training, life skills and "Ambassador Clubs". Costing anything up to £20,000 each, the advanced wheelchairs provided to some children dramatically change their lives as a result of their being able to adjust height/pitch so that the child can reach school benches, taps etc. They also make custom-built trikes, simpler and cheaper, for other children. With a York branch opened just a year ago, Whizz-Kidz most famous "client" was Olympian Hannah Cockroft, who had her first sports wheelchair from the charity when she was 15. They work closely with the NHS, and members questioned why, with such an excellent and cost-effective service, the charity was not providing all the NHS needs in this area!



Visit of District Governor The District 1040 Governor, Mark Stewart-Clarke, was our visitor on **September 6th**. Addressing the club, he spoke of the need for Rotary to adapt and change, although clubs within the District were all different and focussed on their local communities in different ways. Encouraging new members to join was not a numbers game, but a desire to find more people who want to give something back to their communities. He applauded our club's efforts in fundraising, particularly the Dragon Boat Challenge, and our drive to bring in younger potential members.



St Crux - The latest fundraising sale and cafe at St Crux on **September 5th** was blessed with a beautiful sunny day, and lots of enthusiasm from both Rotarians and partners and the general public who supported us. Over £800 net was raised for our charity fund, and our thanks go once again to all, and especially the wives who put in a fantastic effort in providing baked goods, and in preparing sandwiches and the like throughout the day.



New Member gives food for thought - On **August 30th**, the Club had a presentation from our newest member Lukasz Druzic, who explained his background, born and brought up in Starachowice, Poland and coming to the UK, initially at the end of hitch-hiking holiday paid for by working in York. His early background studying Physical Education at Cracow led eventually to a teaching job in York, but he has found his niche in starting his own Property Improvement company here in 2008. He first got to know Rotary whilst working as a waiter, where he served lunch for our meetings. He had been told our club was only for "Rich, retired business men", but he found the reality was a club that was open, fun and welcoming - so much so that many years later he has applied for membership! He described the Club as "being amongst friends" and himself as a "Rotary addict"! He challenged us to continue to attract newer younger members and not look backwards, since like a business "we want to hand the Club on, in good shape, eventually to others". It is clear Lukasz is already becoming a popular and active member of the Club. It is also clear that he will be successful at work too, and - eventually - probably end up as a rich, retired business man in Rotary!!



Presentation to York Young Carers - At the Club meeting on **August 23rd**, Liz Langwade of [York Young Carers](#) was presented with a cheque for £250 to support the work that Liz had so eloquently described to the Club at our meeting a few weeks ago.



Cheque presentation to Brunswick - Pictured here is the recent formal presentation of the cheque for £15,000 to [Brunswick Organic Nursery and Craft Workshop](#) for their development project. These funds were raised as part of the Dragon Boat Challenge event in 2012. Started 20 years ago with a run down field and a broken shed, Brunswick now provides a safe and stimulating work place for 60 people with learning difficulties. The proposed new maintenance workshop will expand the facilities and continue to combat the social isolation many people with learning difficulties experience, enabling them to 'join in like everyone else' in community events. The picture shows President Nigel and colleagues discussing the plan with some of the people who will benefit.



Bill Mann Golf Tournament On a beautiful Sunday, **August 18th**, 19 golfers from the three Rotary Clubs in York took part in this annual event, followed by a dinner at the Club House attended by 56 Rotarians and partners. Guest of honour was Bill Mann's daughter, Sheila Royce, who awarded the prizes - the overall winner being Steve Cluderay (York Ainsty Club) with our own Steve Burton taking third place. A great day, for which many thanks to our Golf organiser David Sweeney.



Street Angels York - At the Club meeting on **August 16th**, Martin Rowley gave an interesting and informative talk on "Street Angels York". This para-religious group was founded by Mick Wilkinson, a local Police Officer and a Christian, who heard of the Halifax Street Angels and identified that York needed a similar group to bring the love of God to the streets after 11pm on Friday and Saturday nights. Street Angels go out and assist vulnerable people who are "well in drink"; they back up door staff and the Police. Volunteers are over 18 year of age, are non-judgmental, honest and compassionate team players; there are about 100 of them and about 50 are out regularly over the two nights of any one weekend. No donations are accepted whilst on duty but some of those helped have shown their appreciation by donating later. The Club was left in no doubt that Street Angels give practical support in the City Centre and are to be admired for their commitment and dedication.



Blub Walk - August 15th - (Steve Burton reports..) A return, after a couple of years, to an old favourite hostelry The Horseshoe at Levisham, noted for good ale, fine food and other attractions behind the bar; but first the walk to sharpen appetites. Seven Rotarians, one lady wife and the brother-in-law of two of them[?] - plus two dogs - set off from the carpark, and followed the track along and down through woods to our only small unplanned detour,(avoiding one very large bull and herd of cows and calves), eventually to the Pickering-Whitby Line where Frank had, of course, booked a train to be passing [diesel unfortunately], before we crossed. Then up and down some undulations[larger than expected] in fairly high humidity and in the company of many flies to Levisham Station, then back up steeper undulations to the pub, where an exceptionally good lunch was enjoyed.



Garden Party Fundraiser August 11th - it certainly all came together on the day! The hard work and meticulous planning by President Nigel Naish and the President's Lady, Diana, ably assisted by a number of Rotarians and partners, ensured a hugely successful and very enjoyable Summer Garden Party for all of the 90 or so who attended. The highlight of the Party was undoubtedly the wonderful selection of Lebanese food, with an expert commentary by Diana on the wide range of exotic dishes which she had prepared. The Garden Party achieved its objective, of being both an enjoyable occasion and a fund raising venture by raising over £2,000 for Rotary's Charity Fund with great panache. The Club's thanks to all who helped, but principally to Nigel and Diana.



Blood and motorbikes - Petrol-heads amongst our members were delighted to be greeted on arrival at our meeting on **August 9th** by the sight of a gleaming BMW motorbike in emergency service colours, with Blood all over it (later clarified as "written all over it"!). Our speaker, Vic Siswick, founded his organisation **White Knights** after himself receiving extensive treatment for cancer, and wanting to "give something back to the NHS". Using 3 motorcycles (all ex Met Police bikes) and with a staffing now of 12 to 15 riders, they provide a night-time (7 to 7) service for the transportation of blood, drugs, human tissue and medical requirements between hospitals in the regions, and the blood transfusion banks. (even on Christmas Day, as Vic related). More unusual consignments have included an artificial arm (cue for jokes such as "staying out of arms way"). All White Knight riders are advanced (IAM or RoSPA) qualified and the dedication of these volunteers was obvious and impressive. Although a surplus of funds a few years ago allowed them to buy their current three motorbikes, Vic stressed this was unusual, and now funds were still needed!



Japanese visitors - At our Club meeting on **August 9th**, we were delighted to welcome Rotarian Toshio Iwai (Rotary Club of Kochi RC) who was accompanied by his daughter (who lives in York) Sawako Pomeroy. Toshio addressed the Club and spoke of his hometown, Kochi, on the island of Shikoku in the southwest of Japan, and encouraged members to visit this area when next on our Far East travels!



Dragon Boats - the Movie! - A new 15-minute video has now been completed showing the Club's greatest fundraising event in action. Filmed at last month's Dragon Boat Challenge, and with some additional footage from 2011, it features interviews with team members, Help for Heroes organisers, the general public, President Nigel and Mike Saville, amongst others. Eileen Davies demonstrated a whole new career potential as our interviewer, and the filming and editing was done by webmaster Brian Joscelyne. The final result will be shown at a Club meeting in the next few weeks.



Club Speaker - On **August 2nd** we welcomed two speakers from **York Mind**, a charity with which our Club has had a long association. Julia Henniker-Heaton and Holly Pollard (who joined Mind recently as a Fundraiser) gave an outline of the problems and types of mental illness, which apparently affect 1 in 4 of the UK population each year, in degrees that vary from anxiety and depression through to schizophrenia and organic brain disorders. Mind was founded in 1985 by Emmy Burdon, who was awarded a Paul Harris Fellowship by the club last year. In 2011 it merged with York and District Mind to form its current organisation, with 25 staff, 100 volunteers and over 500 clients in York. Mind provides support, counselling and other help to sufferers from mental illness, with a good success rate in helping their clients recover. Holly outlined their fundraising strategies, and thanked the club for the recent £600 donation which has been used to pay for 136 counselling sessions for local clients.



Club Speaker - Many of us had probably not thought much about the issue and problems of "**Young Carers**", but on **July 26th** we were given a stark and moving talk and film about their plight. Liz Langwade, of **York Young Carers**, explained that they were aged 8 to 18 and spent up to 50 hours a week looking after someone, usually but not always a parent. The strain this puts on the young person, and its impact on their ability to have friends, activities and a successful schooling, became very clear. The Young Carers Centre in York currently provides support to about 145 carers, in the form of "respite" outings, education and training to assist in schooling or the search for employment, benefits advice, and most importantly one-to-one support and the availability of a peer group who understand their situation. The film powerfully explained that the biggest problem young carers have is a lack of awareness and understanding of how their "normal" childhood is being affected by the responsibilities they have - a situation that evidently results in early maturing, but at the same time brings a very high level of stress to these youngsters.



Club Vocational Visit - On **July 26th** a group of members visited Derwenthorpe, one of the most significant large scale low carbon communities in the North of England, initiated by the Joseph Rowntree Housing Trust. JRHT set a very tight sustainable specification. The first phase of 64 houses has been developed by National house builder David Wilson Homes. The Trust manages the development to a very high standard and a low carbon footprint. It has taken 12 years from conception to completion because of many local objections to building on Green Belt land and three public inquiries. The end result is a great tribute to the ethos of the Joseph Rowntree Trust.



Cheque for Sea Scouts - President Nigel Naish has presented a cheque for £500, supported by Community Service Chairman, Graham Todd, and committee secretary Dennis Adamson, to **1st Clifton (York) Sea Scout Group**. This group have around 100 kids on their books aged from 7 to 16. They have an average attendance of 30 to 40 kids most Friday evenings when they have river activities on the Ouse. Our cheque will go towards the purchase of a new rescue craft which will patrol the Ouse during their Friday evening sessions.



Club Walk - It was universally agreed that **July 18th** was a very hot day indeed, and that only fools, horses and Rotarians would even consider going out in the sun, let alone walking 8 miles through one of the driest parts of Yorkshire, the Wolds near Huggate. But it appears that the experience, described by some as "preparation for the SAS" was still enjoyed by the eleven who made it! Two had apparently to be "raised from the dead" at one point - see photo - but the inclusion of the new earthworks around Thixendale apparently cheered everyone. The artist Chris Drury was commissioned to create a new work of art Time and Flow in Thixen Dale (follow the path from the bottom of Fotherdale southwards), and the first stage of the project is now complete. The artwork was featured as part of a BBC TV Countryfile program on Jan 8th 2012, with Matt Baker meeting Chris and walking around the 'swirl'.



Dragon Boat Challenge - After 11 years, this landmark event in our calendar seems to get better every time - and this year, **July 14th** gave us perfect sunny weather, and a memorable day. Fears at mid-morning that the crowds may be a little thin turned out to be misguided, as thousands flocked to the river side, and on Lendal Bridge, as the day went on, to watch some epic battles as the 36 teams paddled for all they were worth in the heats! The Grand Final, with 6 boats competing, was not as close as last year, as, celebrating their 150th year, the York Rowing Club crew ("*Ouse the Daddy*") pounded to victory a full boat length ahead of the second place finishers HQ 15 (NE) Brigade ("*Mighty Merlins*"). Trade was brisk on the North Bank stands, programmes flew from the sellers' hands, and Mike Fieldsend was able to announce that over £58,000 had been raised for **Help the Heroes**, and other local charities nominated by the teams themselves. More will follow, with programme sales and gift aid. A superb result, and a great day. Thanks to Mike, and all the organising committee, for their huge efforts resulting in the apparently effortless efficiency on the day!



Fundraising Concert - As a "prelude" to the Club's Dragon Boat Challenge this weekend, a concert was held on **July 11th**, planned and executed by Rtn Mike Fieldsend and his many helpers. Close to 250 people attended and were delighted by the two groups performing - the WAGS Choir (Wives, Associates and Girlfriends of Servicemen) from Catterick, and the local St Peter's School Swing Band. The beneficiary of the evening was "**Help the Heroes**", so it was a special treat to hear the excellent choir, under the clearly inspirational leadership of Carol Gedye. She also told us something of the background of the choir (the first such in the UK) and the real bonding role it plays in the somewhat difficult lives that they have to endure while their partners are serving overseas. Equally entertaining, the Swing Band played a great selection of classic and modern swing music which had everyone tapping their feet and being amazed at the talents of such a young group. It was a terrific evening, which also resulted in over £4000 being raised for Help the Heroes. Thank you, Mike!



President Nigel takes the reins - At our **July 5th** meeting, President Nigel Naish was presented with his badge of office by IPP Darrell Hind. Rtn John Lacy was also welcomed as President Elect (President for 2014-15). President Nigel expressed his, and the Club's, appreciation to Darrell for all the hard work he had put in over the past year, and said he would seek his advice and counsel in the months ahead. Nigel also expressed his wish that in the forthcoming year, as well as maintaining the successful traditions of the Club, we (and especially the Committee chairs) would seek new and innovative ways to develop our fund-raising, community involvement, and fellowship activities.



Club wins prestigious RI Award - At our first meeting of the new year on **July 5th**, retiring District Governor Keith Davison addressed the Club and had a surprise announcement - as a result of a submission by 2012-13 President Darrell, Rotary International had decided to award our Club with a "Significant Achievement Award" for 2012-13. This award, for "*outstanding Rotary Club projects that address the most pressing needs of their local communities*", is for the Club's development and running of the Dragon Boat Challenge, which over the past 10 years has raised more than \$1m (£650,000) for local charities. PDG Keith added that it was a role model for innovative fund-raising that that other Clubs could follow (and many have!). IPP Darrell proudly accepted the award, on behalf of the Club.

