



## Kyra and Rotary



By Ali Bolton,  
Volunteer  
with  
**kyra**



Two years ago I took a temporary leave of absence from work in order to share the responsibility of looking after an elderly parent with dementia.

Having always had a very active career spanning, management training, marketing and latterly teaching, I found myself missing the interaction, fun, sense of purpose and creativity that comes from doing a job I loved.

To combat this I began volunteering for a local, York based women's charity called Kyra and I soon found myself fully occupied raising their profile in order to attract funding which led me through the doors of the Rotary Club of York.



Kyra Women's Project began as a support centre for women, run by women, providing encouragement, companionship, information, training, and importantly, a sense of belonging.

Kyra supports women to help overcome challenges and make change in their lives. It acts as a support group to prevent a relapse in behaviour and develop new habits.

I was immediately struck by the energy, enthusiasm and the vision that the Rotary organisation appeared to have with regards to the contribution they could make to their local community.

*Continues on page 2...*

## A Message from Elly

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

"Thank you for helping to make Dragon Boat Day such a great success. An earlier start didn't deter FoYR members from coming along and getting stuck in.



I hope you enjoyed this special day which is firmly fixed in the York Calendar. Your help was important to the event's success.

I am travelling the country at the moment, training BBC Local Radio Staff. Everywhere I go I meet many volunteers who give what little time they have to help others. It is inspirational.

Thank you for your support and friendship to Rotary.

I hope to see you on the 16th at the BBQ."

*Elly*

## What does Rotary mean to you?

An interview with  
York Rotarian  
(and our 2020/21  
President Elect)

**Kevin Grogan**



### *What is your professional background?*

"I am now in my sixth career change having started out life as an electrical technician after leaving school; I then joined the RAF and became an avionics technician trainer in Saudi Arabia, working on Tornado aircraft; returning to the UK I became a quality director for a company making fibre optic telecomms equipment; I made a complete change in 2003 when I retrained as a financial adviser and set up my own business in Haxby. I'm currently a Training & Competency Supervisor working for a private bank. I am responsible for ensuring that Investment Managers and Financial Planners employed by the bank are operating within internal policies. I am travelling four days a week but try to keep Friday as a 'work from home' admin day and to allow me the time to go to our lunch meeting."

*continues on page 3...*

### Dates for your Diary...

**September 16<sup>th</sup>** FoYR exclusive: Barbeque

(see page 3 for more details and how to sign-up)



**October 14<sup>th</sup>** Baggage Handling Volunteering – Yorkshire Marathon

(see page 6 for more details)

**November 1<sup>st</sup>** Networking Event (Novotel)(see page 4 for more info)

**November** FoYR Coffee Morning – more information to follow

If you can volunteer help for the Marathon, please email [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)



**Welcome** to the 2nd edition of *Community*, the newsletter of the newly-formed **Friends of York Rotary**

FoYR has got off to a great start, with over 50 members now actively involved and supporting our Rotary Club in our mission of helping and contributing to the local York community.

A big thank you to the many FoYR members who helped us to run the wonderful Dragon Boat event in July – where we have raised a further £70,000 for local charities. And also for your support at the York 10K Run where we ran the most amazingly efficient baggage store that the organisers had ever seen!

I do hope you will want to continue to support us through our networking and social events and helping us make a difference in our community

Please send your ideas and your contributions for "*Community*" to me at [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)

Brian Joscelyne  
FoYR Co-ordinator



## Kyra, Dragon Boats and Rotary – a winning formula

By Ali Bolton ....

Continued from page 1

"....However, having committed a significant amount of time to 'Kyra', I didn't feel that I had the capacity to become a full time Rotary member attending regular lunches etc. If I join an organisation I want to be an active rather than a passive member.

So I was delighted when I found out about *FRIENDS OF YORK ROTARY*. Here was a way to be involved and make a useful contribution without over-committing. I had seen first-hand via the Dragon Boat Race what a dedicated, professional team they were and I wanted to be part of it. So I attended the inaugural meeting and have already taken part in my first 'Friends' event.

Being part of the 'Baggage Team' at York 10K confirmed everything that I thought about this group of people. York Rotary gets involved in a wide variety of activities and events across York. They are professional, organised, fun and very welcoming.



Ali working hard as part of Rotary's 'Baggage Team' at the York 10k

I had a great time looking after bags for the runners in the 10K and it felt really good knowing that we had made a difference to the event. As a runner myself I know how important it is to feel confident that your valuables are being safely stored while you concentrate on just getting round the course or maybe achieving a personal best.

Now that my personal circumstances have changed again and I am returning to work, I am very much looking forward to a continuing relationship with Rotary through the *Friends* programme. For me it's the perfect solution to being able to stay involved in my community, meeting people from all walks of life that I may never have come across in the course of my normal day to day life. I would recommend it to anyone looking to broaden their horizons. There are opportunities to volunteer, socialise, network and most of all to have fun.

It's a little bit like being a grandparent, all the enjoyment of grandchildren whilst being able to hand them back at the end of the day!!

Ali

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>



### What is Rotary?

- International organization of business and professional leaders
- 168 countries
- 32,000 Rotary Clubs world wide
- 1.2 million members !
- Provide humanitarian service
- High ethical standards in all vocations
- Help build peace and goodwill in the world





## ***How long have you been in Rotary? And what do you enjoy most about it?***

"I joined Rotary in 2004, one of the best things I've ever done! I joined for selfish reasons initially; I was starting a business and was hoping to meet prospective clients and build a network but I quickly realised that there was so much more to be gained. I enjoy being able to lend a hand to practical projects, like Dragon Boats, Technology Tournament, blood pressure testing day. I enjoy being hands on at these events as I don't have the time available to be involved in the organisation of them. After joining I quickly became involved in membership development for the club, a role I still have, and also became the District 1040 membership development officer (the administrative area to which the club belongs) with responsibility for 101 clubs across the Yorkshire region. I like these roles as they appeal to my desire to see Rotary continue to develop."

## ***What benefits has Rotary membership given you?***

"There is so much good work going on in the background that it is quite humbling and at the same time gives a great sense of pride to be able to say 'I am a Rotarian'. The greatest benefit membership has given me is the opportunity to make a difference in the lives of people around me; it would be very easy to throw money in a bucket each month but it is a very different feeling having accomplished something myself and seeing a positive result. Professionally, I don't think it does you any harm to have 'volunteering' on your CV and LinkedIn profile - it shows a prospective employer that there is more to you than just working, eating and sleeping."

## ***Tell us about your marathons!***

"I decided to do something about my health when I was 52 and started walking, then running to lose weight and keep fit. I was 55 years old in September 2017 and rather foolishly stated that I would run 55 marathons before my 56th birthday. There are now three weeks to go until my birthday and only two marathons left to do! My partner Jackie - a member of "Friends" by the way - has run 23 of them with me! What started out as a personal challenge turned into a charity fundraiser and I have a Virgin Money Giving page raising funds for Rotary's 'End Polio Now' campaign which aims to eradicate polio throughout the world."

## ***You will be President of the York Club in its Centenary Year 2020/21. How do you think Rotary will change in the next five years?***

Traditionally Rotary clubs have met weekly, everyone has shared a meal together and meetings have lasted a couple of hours or so with the 'business' taking place outside this in

committees, involving more meetings etc. Some of the 'tradition' does not appeal to younger people, especially those with demanding careers where time is a precious commodity. I think that we will see more and more new groups emerge where there is less emphasis on regular meetings and more on engaging with projects. We will also have to accommodate families into meetings and activities - I visited a number of clubs during a stay in Australia where the membership was predominantly made up of couples and in some clubs they brought the kids along too. We now have a very diverse population in the UK which isn't reflected in our membership. In order to remain relevant, Rotary will have to develop a more diverse membership.

## ***What role do you see for FoYR in Rotary's future?***

"Going back to the dilemma of attracting new younger members and moving away from the image of being 'male, pale and stale', I see FoYR as the incubator for future members. By this I mean that anyone becoming involved in FoYR can get a taste of what Rotary is about and can get involved in Rotary projects, hopefully with a longer term view to joining a club or maybe starting a new one. I would like to see more 'friends' groups around the District as I think they will allow people the opportunity to see what Rotary does, to lend a hand with projects and to develop the 'want' to see Rotary continue and develop in their local community."

**FRIENDS OF YORK ROTARY**

**SOCIAL / BARBEQUE**

**The Mount, York**

**Sunday September 16th 2018**

**1.00pm to 3.00pm approx**

**No charge**

**"bring a bottle"**

**Places still available  
- families welcome  
- plenty of free parking**

An exclusive event for

 **Friends of  
York Rotary**

**Just 40 places available!**  
(FoYR members, partners & children)

If you'd like to come, contact Brian at: [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)



## FoYR visit to York Cocoa Works

Friends of York Rotary members were welcomed on our visit to York Cocoa Works in Castlegate on July 6th by Founder and Managing Director Sophie Jewett, who is herself a member of FoYR.



Sophie took us through the history of Chocolate making in York, dating from 1785 in Castlegate where her Cocoa Works operation is now based, and her passion for creating authentic chocolate using a variety

of cocoa beans from various countries in South America; and her interest in the social and political impact of cocoa growing in these countries, were evident.

We were treated to a variety of chocolate samples with subtle taste differences, and finally some very unusual canapé creations.



Many thanks to Sophie and her staff for their hospitality and for a real education in chocolate making! As well as being a very sociable event, the evening raised £330 for our Rotarv Club's Charitv Fund. **THANK YOU!**



Friends of  
York Rotary

**NOVEMBER 1st  
NETWORKING  
EVENING**

We are presently finalising the details of an evening Networking Event on Nov. 1<sup>st</sup> 6.30pm at the Novotel (with cash bar) for Friends of York Rotary members.

This will focussed on the Charity sector (*though open to all "Friends"!*) and in particular on current challenges in the Sector; with a guest speaker on this topic.

More details will be sent to all FoYR members soon. **Please make a diary note!**

# Citizens Advice York



CEO of Citizens Advice York  
**Simon Topham** explains what  
**CAY is about and its relationship  
with Rotary, Dragon Boats, and  
the Friends of York Rotary**

**citizens  
advice** York

"Now that the excitement of the Dragon Boat Race is slowly fading, this seems like a good time to reflect on my experience of being involved with the Rotary Club of York over the past few months.

I have been CEO of Citizens Advice York (CAY) for 12 months now and 'steep learning curve' is an understatement. Citizens Advice Bureaux (we're trying to drop the 'Bureau' but no-one notices!) have been around since WW2. Most people have heard of them but many don't realise just how much we do to help the most vulnerable in society, or that each one is an independent local charity.

Here in York we have around 35 volunteers, supported by a small paid team of supervisors, finance and admin staff and we help 1000s of York people every year. Financing the work is an ongoing challenge – as in the need for more volunteers.

So we were absolutely delighted to be chosen as one of the Rotary nominated charities for the 2018 Dragon Boat Race. It will give us a much needed boost to our finances, plus helping to promote the service and recruit volunteers.



Sadly I wasn't able to attend the Dragon Boat Race – I had a pre-booked holiday in Canada. But my colleagues who raced or worked their socks off on the river bank all tell me they had a fabulous day, and how well organised it all was. Thanks to everyone involved.

And now I look forward to being a Friend of York Rotary Club. I hope it will give me the chance to network with other voluntary sector colleagues and to play a wider role within the Rotary family. I hope I can draw on your support, as well as look for ways that I, and CAY, can work with you to support people in need in York."



### Support Rotary in *style!!*

Rotary Club of York Polo Shirts are now available for all FoYR members to purchase.

In yellow, with blue logo, they are available in sizes S to XXL (both men and women)

Price £17.50



If you'd like one, email us at [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk) stating size required.

We will contact you to confirm your order and send you payment instructions.

### Please help spread the word!

We've been delighted with the initial response to the launch of our "Friends" organisation, and the support we've received.



Do YOU know colleagues family or friends who might be interested in supporting Rotary and having fun at the same time?

Please help us spread the word, by referring people to the dedicated "Friends" page on our website [www.yorkrotary.co.uk/friends](http://www.yorkrotary.co.uk/friends)

Or ask them contact me for more information about "Friends" Thanks, Brian [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)

### Local MP visits our Rotary Club

We have a wide range of speakers who visit our Club meetings on Friday lunchtimes. Last month we welcomed Rachel Maskell MP who spoke about her work as an MP and her views



about the priorities for York, and for the UK, focussing on housing, transport, social welfare and healthcare provision. Whilst not all our members may have agreed with her political views, there was definitely consensus that Rachel is a hard-working, dedicated MP for York Central (as well as being Shadow Transport Minister) and we appreciated her taking time to spend with us.

## 5 Friends help at the Dragon Boat Races

The annual "York Rotary Dragon Boat Challenge", held every July, is the flagship event in our Rotary Club year, where, following a year of meticulous planning, over 600 participants in 36 teams arrive to race on the River Ouse. It's a great spectacle, lots of fun, and raises huge sums for local charities – over £1million over the past 15 years. This year, the sun shone brightly, over 3000 people enjoyed a wonderful day by the river and over £70,000 was raised for local charities, including the two Club nominated charities, York Mind and Citizens Advice York.



Virtually all our Rotarian members, many partners and others help to make the day run smoothly. This year, for the first time, we were also joined by members of our "Friends" organisation, who helped sell programmes, set up and dismantle stalls and facilities on both banks of the river, marshal car parks and many other tasks besides.



*FoYR members Gill Brian (l) and Katherine Forsey selling programmes on Dragon Boat day in July.*

The Rotary Club is extremely grateful to the "Friends" who came to help – and those who took part in the Racing as a member of their own team or supported us in other ways – you were all superstars! **THANK YOU!**

And special thanks too to Elly Fiorentini, Patron of FoYR for her fabulous commentary during the day. Here she is with the Lord Mayor of York, Keith Orrell!



The 2019 event will be held on **Sunday 14<sup>th</sup> July** and we do hope many of the Friends members will come and join the fun and help us again. Please make a note in your diaries!!

*Brian Joscelyne, Rotary Club of York*

# 6 Helping at the Marathon



For the past few years, Rotary Club of York has been helping the organisers of the **York 10K** run, particularly in manning the **baggage store** for runners' gear. On August 5<sup>th</sup> we were there again, and had support from several "Friends" including Ali Bolton, whose story you can read on pages 1 and 3. It was a really fun morning for all.

We provide a similar service at the **Yorkshire Marathon**, which this year is on **Sunday October 14<sup>th</sup>**.

Location: University of York South Campus  
Time: Shift 1 7.00am – noon  
or Shift 2 noon – 5.00pm

If you're not running yourself, you could still be part of the excitement and help out. It's a fun day!



We give our services free of charge, but the organisers (Jane Tomlinson's Run for All) do make a small donation to our Rotary Charity Fund as a "thank you".

If you would like to volunteer help, please contact Brian at [friends@yorkrotary.co.uk](mailto:friends@yorkrotary.co.uk)



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## Rotary's International work

Rotary has a strong International dimension.  
*York Rotarian and Past President Eileen Davis*

The Rotary Foundation (TRF) is Rotary International's own charity which celebrated its Centenary in 2016-17. It supports many life-changing, sustainable projects around the world. TRF has 6 Areas of Focus -



peace and conflict prevention / resolution, disease prevention & treatment, water & sanitation, maternal & child health, basic education & literacy, economic & community development. TRF is recognised as one of the top 10 global charities and spends 91% of its funds directly on programmes. *Charity Navigator* (a US based evaluator) has given TRF a four-star rating.

Each year, Rotarians are asked to donate to Foundation whose funds are invested, managed and allocated by Trustees. TRF has spent over \$3 billion in projects that change lives close to home and around the world.

There are various ways in which the funds are used :

- District Grants** fund small-scale, short-term projects to meet immediate needs. To exemplify, RC York received a District Grant in 2015-16, to refurbish and equip classrooms and the kitchen at Ebenezer School, Livingstone, Zambia.  
  
Then in 2016-17, we gained another to refurbish classrooms and connect potable water to the kitchen at Ella Gordon Creche near Hermanus in South Africa. In both cases, we raised £1,000 which was then "matched" by our District 1040 and so each project was funded by £2,000.
- Global Grants** involve international clubs working together on a longer term, sustainable project worth up to \$35,000. The clubs raise a minimum of \$10,000 which is then "matched" by District and TRF. RC York, co-operating with clubs in South Africa, is currently investigating a Global Grant application to improve lives in poor communities.
- Grant Scholarships.** For the past 2 years, RC York has hosted Grant Scholars sponsored by clubs in California and Japan; the clubs raise some funds but TRF tops them up significantly. The "cost" to RC York is in time and energy to welcome, include and assist the Scholars who undertake post-graduate studies at the University of York in subjects such as public health and conflict resolution. They give talks, visit and assist the Host Club, in order to "earn" the grant.
- Peace Centres** such as the one at the University of Bradford. These offer Masters' Degrees and Professional Development Certificates in fields related to peace studies and conflict resolution. Peace Scholars are inspirational people from around the globe, in whose hands solutions to world conflicts may be found.
- Exchanges** between Rotary Clubs with a joint mission to do good somewhere in the World.
- End Polio Now.** TRF remains determined to eradicate Polio, with help from the Gates Foundation and WHO. This project cannot cease until this entirely preventable disease which has no cure is removed from the earth; we have to keep raising funds to finish the job!



TRF invests in projects and people to help improve lives around the World. *"We may not see the result of a Foundation project during a given year, but the seeds we plant today will be harvested as rich fruit in the years to come."* Paul A. Netzel, Chair, TRF 2017-18.

Eileen Davis