



York Rotary News

· Jun 22, 2020

Launching the Dragon Boats

.... but not as we know it!



On June 19th we announced the 2020 Virtual Dragon Challenge, a very different sort of event than our normal July one on the river, but designed to capture the same fun and excitement but tailored for today's restricted conditions. David Fotheringham explained the project to members at our Zoom meeting, including the idea of multiple people, or teams, doing some virtual "paddling" - in however silly a way they like - each contributing 250 metres of "pull" to a "dragon boat" that we hope will make its way down the virtual "Ouse", all 84Km of it, raising, we hope, thousands of pounds.



We're hoping fundraising efforts by participants will raise £50 or more per person, and other donations of any amount are obviously also welcomed.

All the proceeds are to go to support local York NHS staff at York Hospital, in the form of an outdoor wellbeing area for staff, being created within the hospital itself.

We are partnering with York Teaching Hospital Charity who will be the beneficiary of the event.



on-line fundraising and use of social media, which is the primary means of publicising and recording the event over the coming month.

Maya followed David's presentation with an explanation of how the Hospital Charity operated and now most of their funds were

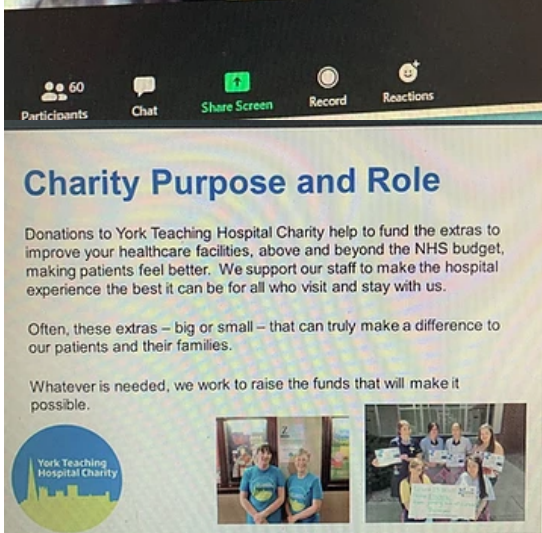


designated for specific projects; our contribution would be an essential part of making the wellbeing area happen for staff.

Members were encouraged to join the fun and take part in the event (several subsequently have) or donate to the fundraiser in lieu of the help they would normally have been giving to our "Normal" Dragon Boat day in July.

Full information about the Virtual Dragon Boat Challenge event are [here](#)

Normal service will be resumed in 2021!





York Rotary News

Jun 27, 2020

A new way of doing President's Handover



On June 26th our President's Handover ceremony took place during our Zoom meeting, including a novel form of "socially distanced" regalia exchanges captured on video.

0:00 / 1:29

[Click to view the Virtual Handover video](#)



Outgoing President Ian expressed his thanks to all members for a year of remarkable progress and activity, in spite of recent months under lockdown.



enabled fellowship (of sorts) to continue.



You can read Ian's full message here..

 [Ian Tarbet remarks Ju... .pdf](#) 



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Incoming President Kevin Grogan expressed his thanks to Ian for his excellent year of stewardship through what had turned out to be very challenging times.



He then explained his thinking about the future, the need to keep moving forward and think about the "new normal", reflecting Rotary International's areas of focus and marketing ourselves as an attractive proposition for potential new, and younger, members.

You can read Kevin's remarks in full here...

 [Kevin Grogan remark... .pdf](#) 

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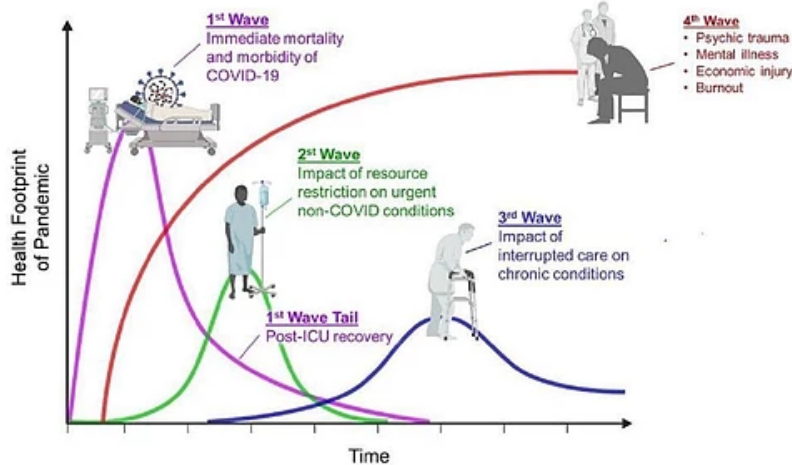


York Rotary News

Jul 4, 2020

Health Inequalities shock!

Updated: Jul 28, 2020



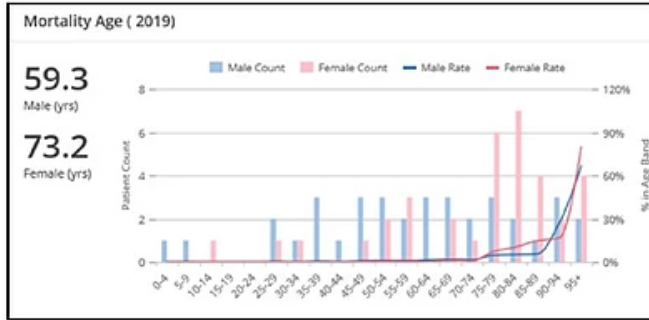
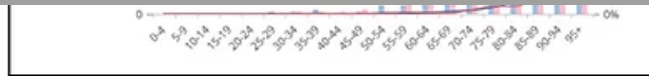
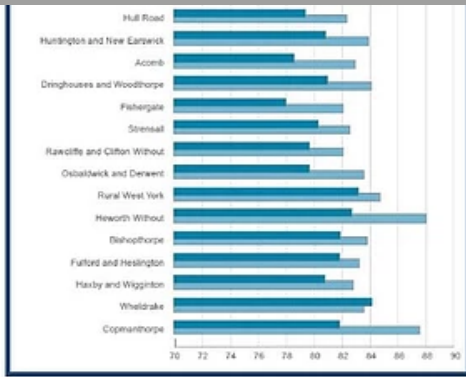
Working together to provide a caring, quality service

On **July 3rd** we welcomed Professor Mike Holmes as our speaker. As well as being a partner in the Haxby GP Group, Mike is also Vice-Chair of the Royal College of General Practitioners, chair of Nimbus Care in York, and an Honorary Professor at the University of York. He is well-placed to give us both a local and broader perspective about Health Inequalities, the subject of his talk, and the current impact of COVID-19 on health and social matters.

The local Primary Care Network extends across much of the northern region from Kendal to Hull. The impact of COVID-19 affects all of us, of course, but he made it clear that there is a greatly disproportionate impact on lower-income families and those with less than adequate housing and social support. COVID has brought the health service to a much greater focus on need and risk, and the analysis of these factors, as well as behavioural change in people.

Mike explained that, even before COVID, there were huge differences in health outcomes within even an area as small as York – life expectancy of a male in Wheldrake (which is to age 84) compares vividly with a man in Acomb (79) or Clifton (77). Looking across the county, the differences are even more stark. The life expectancy in the York area (men 81.7, women 84.2) compared with the Hull area (men 59.3, women 73.2) was a shock to many of us listening.





The reasons for such disparities are complex and varied, but many include life habits such as smoking and drinking, obesity factors, diet, exercise, health promotion advice and opportunities, and living conditions. The differences in number of deaths from respiratory diseases was particularly striking across different areas of York, Mike pointed out.

Fair Society, Health Lives
Professor Sir Michael Marmot, Feb 2020

- Giving every child the best start in life
- Enabling all children, young people and adults to maximize their capabilities and have control over their lives
- Creating fair employment and good work for all
- Ensuring a healthy standard of living for all
- Creating and developing sustainable places and communities
- Strengthening the role and impact of ill-health prevention.



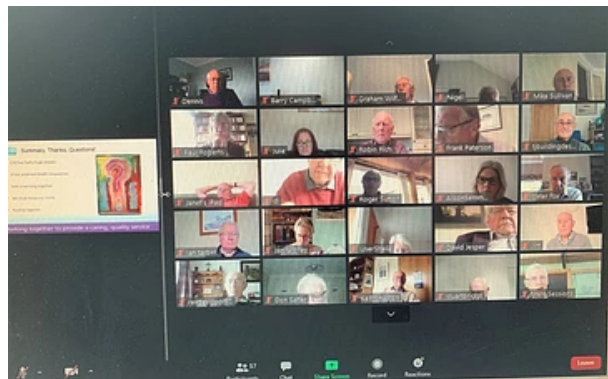
Working together to provide a caring, quality service

Mike explained that a recent study (the Marmot report), issued just before the COVID lockdown, illustrates that average life expectancy had been increasing by one year during each 5 year period from 1980 to 2010. Since then it has more or less flattened, and Mike felt this was mostly due to the effects of the austerity programme which impacts most on the poorer and less healthy segments of

the population.

His fear is that the added impact of COVID, the social and economic impact of lockdown and the subsequent depression/recession that may follow, will only make this situation much worse. Lest we felt his message was all gloom and doom, Mike did explain a number of positive benefits coming out of the current situation.

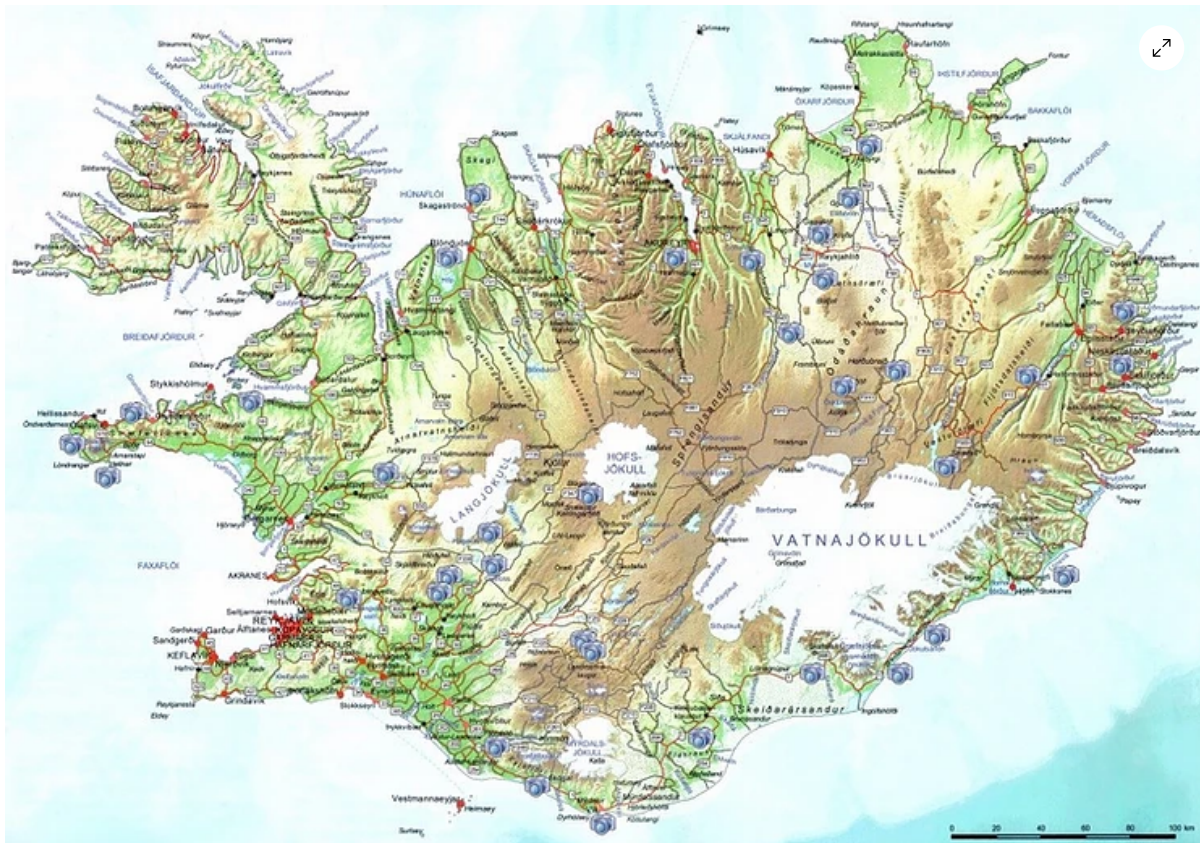
The progress of change had been accelerated in areas of NHS technology, co-operation within the NHS and data management. For example, the way doctors interface with their patients has radically changed – for the better for both parties – through video technology and this is bound to change the future of healthcare as we know it. (sounds like a familiar theme!)



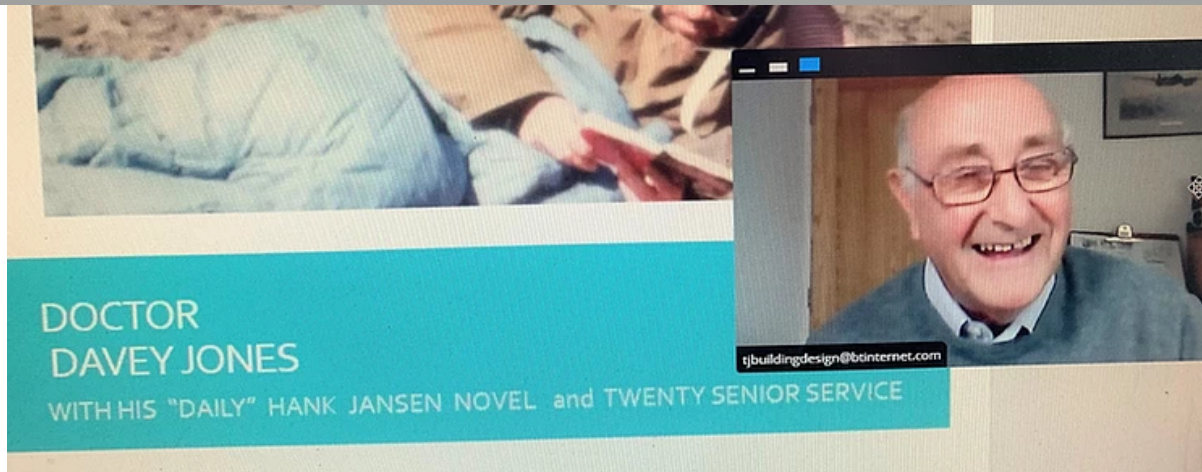
York Rotary News

Jul 16, 2020

Iceland 1963



On **July 10th** our very own Tom Jackson took us all – with some archive photographs – on a trip to Iceland he made whilst a student at Leeds School of Architecture, in 1963. Together with 20 others, he travelled by ancient bus and plane (Vickers Viscount) to Reykjavik and thence by cross-country bus - there were hardly any tarmac roads at that time – to the Hofsjokull central region of the island.



Staying in a wooden Mountain Hut, they then trekked – holding packs with 800 “Senior Service” cigarettes each, donated by a major sponsor – to a camp in a deep gorge in the mountains. The group were botanists, geologists, “adventurers” and surveyors. Tom being one of the latter, their task was to survey the flow of the main outflow glacier for the Royal Geographical Society. Living off dried powdered fish cakes, according to Tom, were able to take daily readings on the “progress” of the ice by pinpointing the cairns.

Eventually they had to give up due to gale force winds and too many un-crossable rivers; but managed to explore much of Iceland in the remaining time they had.



Tom in his 1963 pose - note the hair!



On one glorious day of sunshine they took the “illegal” opportunity to walk up onto the Ice Cap – initially roped up to jump over lots of crevasses.

They finally returned to the UK after three weeks away after a memorable trip that was followed with great interest by all who heard Tom’s talk and enjoyed his amazing photos.



York Rotary News

Jul 17, 2020

Walk in the Wolds



Photos by Dave T

Graham reports... T'was a damp and heavily overcast morning on **July 16th**, when a dozen or so Rotarians and partners gathered at Wetwang, for a 6 mile amble through the beautiful Wolds countryside. Pleased to see each other in the flesh – some more long-haired than others - the only 'zooms' in sight were fighter aircraft zooming across the north of England

The wide open horizons, so characteristic of the Wolds - with large fields of healthy looking wheat – made for a very enjoyable walk. A long strip of flax – identified thanks to Nigel – added a delightful touch of blue colour to the scenery.

We inspected part of the abandoned route of the Malton to Driffield railway line – much to the interest of the railway enthusiasts amongst us. There are not many new farms on the Wolds, but we found one – Station Farm – which arrived shortly after the railway was constructed in the 1840s. As a 'modern' farmhouse it looked slightly out of place!



Good wide tracks for a large part of the way, helped with the social distancing. The occasional damp spell wasn't a problem, but a heavier shower when we returned to Wetwang spoiled the anticipated picnic.

The Wolds were as deserted as usual – we saw half a dozen other walkers – only exceeded by the seven people queueing for fish and chips in the village! The weather was disappointing, particularly when Paul Hudson, Look North's much-loved weather forecaster, is Honorary Mayor of Wetwang and has been since 2006 – thought he'd have had the weather there sorted by now!





York Rotary News

Jul 19, 2020

Moving the Masses



Our speaker on [July 17th](#) was Egg Cameron, who is Chief Executive of ["Move the Masses"](#). Egg (who explained during questions that her name was a nickname as child, which she has kept ever since!) outlined the work of her York charity in encouraging people to exercise more. Starting in May 2018, Move the Masses focusses particularly on the more vulnerable who may be reluctant to venture out –even in normal times – and they provide advice and instruction in how to use the 14 outdoor gyms erected by the Council across York, and where to find them.



Their *"Move Mates"* project, a "walking buddy" befriending scheme to encourage the more vulnerable – of all ages - to venture out for short walks, with a Move the Masses volunteer, was rapidly expanding and proving a great success, with 37 "pairings" by the beginning of this year .

In March, the lockdown had a dramatic effect on their services, of course, and they re-focused on running 60 on-line fitness sessions, volunteers calling their clients by phone to provide support, shopping help etc, and following up referrals from York Council.

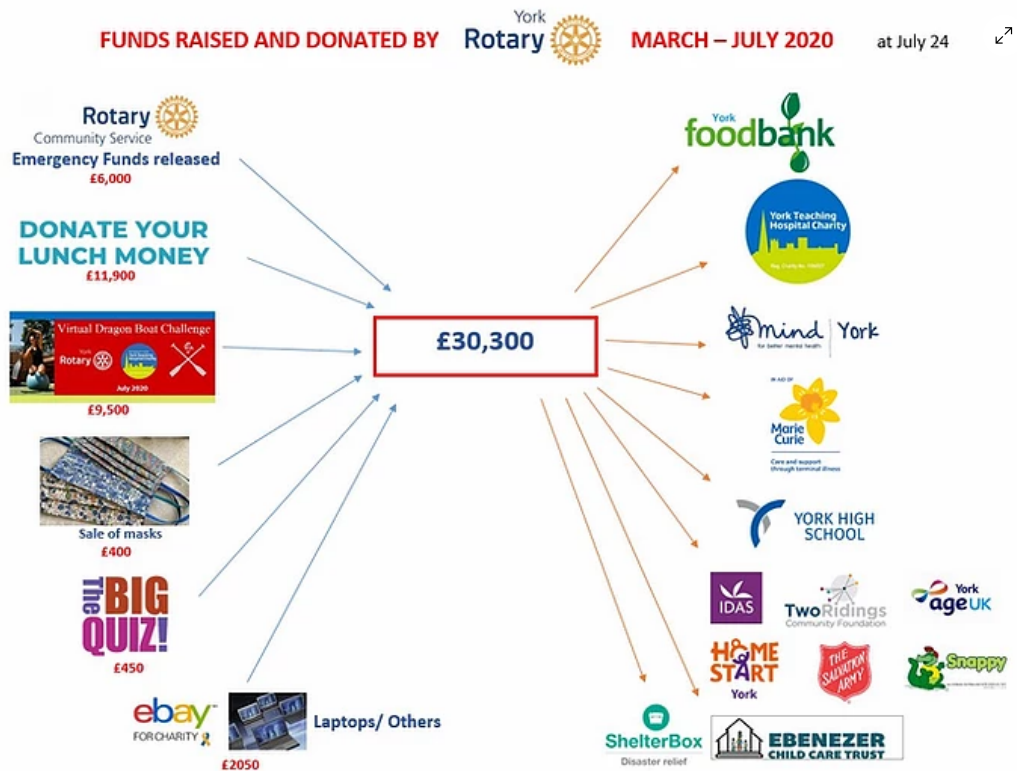


York Rotary News

Jul 26, 2020

A Grand Total

Updated: Sep 6, 2020



At the Zoom meeting on [July 24th](#) a graphic was shown which pulls together a snapshot of the various strands of fundraising and activity that have taken place during the “lockdown” since March. With some monies coming from our reserves (which represent previous fundraising efforts in prior years) the bulk of the £30,000 shown on the chart are from NEW activities – some internal amongst members, such as “Donate a Lunch”, some external such as a Quiz evening and the Virtual Dragon Boat event where members of the public have been the major contributors.

In fact, about half of the amount raised has been from non-Rotarians, though Rotarians have also been very generous in their support of “Donate a Lunch” and several other programmes. £30,000 is a remarkable total, and demonstrates that Rotary has not been sitting its hands during the pandemic – far from it. Creativity and resourcefulness have meant the Rotary ethos has been alive and well, and the number of charities that have benefitted from our generosity and our efforts is very wide indeed – a total of 13 local and international organisations, ranging from local schools, foodbanks and charities to international aid organisations and schools in Africa.

With many of these programmes continuing, and new ideas coming forward in the coming months, it’s clear that positive opportunities have come from recent difficulties related to the pandemic, and we Rotarians can still very much be “*People of Action*” if we have the will.





York Rotary News

Aug 1, 2020

Kyra Women's Project - an update



For the past 7 years, Kyra has provided a safe & welcoming space for women of all ages, now in dedicated premises behind the Central Methodist Hall in St. Saviourgate. Founded by Yvonne Copley, our speaker on [July 31st](#), who is currently its CEO, Kyra registered its 1,000th Member in 2019 and today has 1,300 Members. It has no political, feminist or religious affiliations.

Having worked in the Prison Service and been a Samaritan, Yvonne knew that York provided good emergency assistance and care, but her concern was what happened next her concept was to provide rehabilitation & after-care for broken women who had lost trust and were often frightened.

Kyra's door is open to provide women with "TLC", ideas and skills to change their lives and move on from whatever has been troubling them - trauma, poor mental health, abuse, loneliness, addiction. With better health and wellbeing, they are able to turn their lives around. By "walking alongside them", at a speed which suits them, women are helped to grow in confidence, rebuild their lives and move forwards.

70% of referrals to Kyra come through the NHS. If they cannot help, the women are signposted to someone who can do so. Kyra sees problems as opportunities and this positive approach surely underpins its appeal and success; it has certainly helped it adapt to the Covid emergency which has brought new challenges; that said, the hard work has continued.

Yvonne is a force of nature and her determination came across as she spoke eloquently and knowledgeably. She has brought together a powerful team of Volunteers, Trustees and an active Patron in Dame Penelope Wilton. She will be stepping down from her CEO role in September and



York Rotary

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monthly newsletter which is full of information and signposts to a myriad of courses, drop-ins and conversations, please let me know. It is a good read and illustrates the impressive work done by Yvonne's "baby".

Yvonne Copley


As Rotarians we can do nothing better than refer to Kyra any troubled woman we may encounter. If anyone would like to receive the




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Celebrating our Inaugural meeting - 100 years on



A shift in the life of a volunteer at Askham Bar...

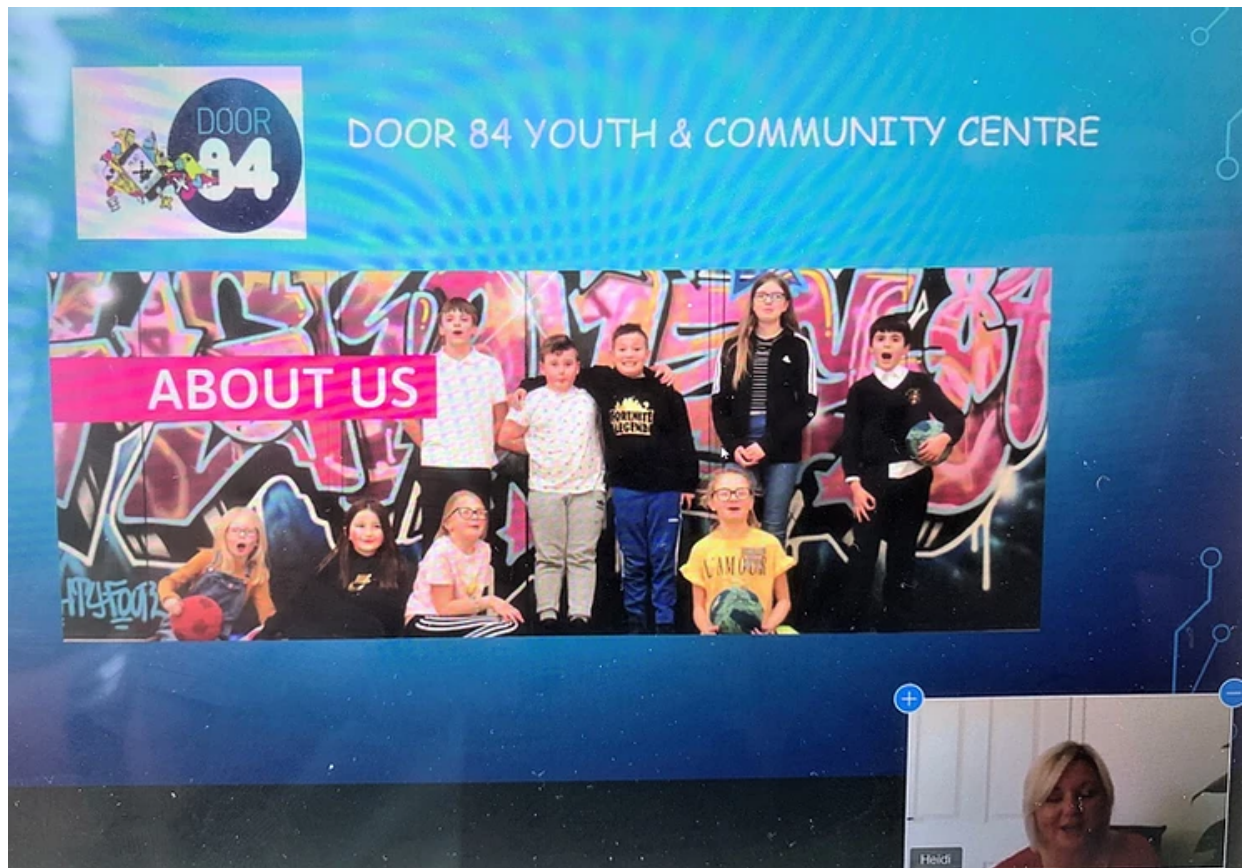




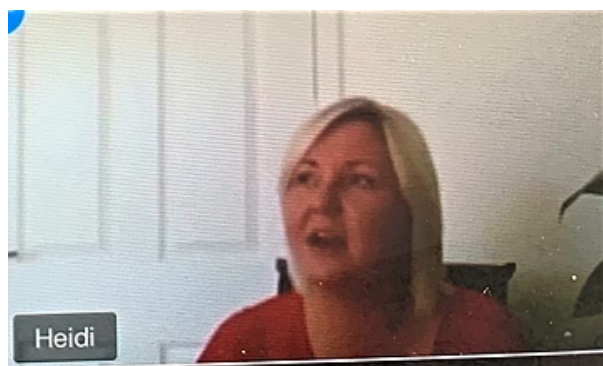
York Rotary News

Aug 9, 2020

Door 84 meets the challenges of COVID



York Rotary has had a very close relationship with the [Door 84 Youth Centre](#), in Lowther St, for many years, and it was a delight to welcome their Executive Charity Manager, **Heidi Haywood**, as our speaker on [August 7th](#).



Heidi has been with Door 84 since it opened its doors (in its current set-up) in 2011. Door 84 has gone from strength to strength due largely to her enthusiasm, ambition and drive. Heidi explained the vision and values of Door 84, with its focus on opportunity, development and equality in providing a stimulating environment for children and young people – not just in the immediate Groves area but for others from a wide area

across Yorkshire who regularly visit their premises.

Safety and Fun are the other core values that underpin the wonderful work that Door 84 do – in a community hub that is almost unique in York. They provide Youth sessions and day trips throughout the year, together with community sessions that involve adults and families as well. All this is achieved through the support of volunteers and especially fundraisers, including our own Club.



maintain a focus on fundraising, policies and the delivery of projects as far as they could. One key new project was their Food Bank, run in conjunction with the York Foodbank, which gave vital support to families in their area through weekly deliveries and pre-arranged collections.

FUNDRAISING

The pandemic meant we couldn't run our fundraising events, so we got creative and launched our 8-4-8-4 Challenge.

A huge thanks to Rebekah, Gabby, Ashley, Chloe and Chantelle who created the video for our social media campaign.

We saw challenges including walking, cycling and even an obedience challenge from our furry friend, Gaston the Beagle.

Thank you to all who got involved and donated.

WOW! 8-4-8-4 CHALLENGES

Heidi
840 minutes of exercise in 8 + 4 days

This challenge made us get out & about as a family spending quality time together whilst raising money for an awesome cause!

Craigie Family
walked 84 miles

Gaston
not eating treats for 8 secs

Our Values

Our five core values underpin everything we do:

- Opportunity**
Creating, enabling and delivering a wide range of opportunities for children, young people and community members to develop, aspire, grow and succeed.
- Development**
Encouraging all aspects of individual and group development, physical, social, emotional, cognitive and creative.
- Equality**
Treating, respecting and celebrating all people as individuals, creating a safe, welcoming, and inclusive environment that promotes understanding.
- Safety**
Putting safety at the heart of what we do, enabling the very best opportunities and experiences for all.
- Fun**
Creating an environment where children and young people, the community, staff and volunteers can enjoy life.

WHAT DO WE 'USUALLY DO?'

Our Work

Youth Sessions
Over the previous Year's Children and Young People with stimulating and exciting, interest-led programmes to see us through the year.
[Find out more](#)

Community Sessions
Our Community Sparks Project is an initiative that provides an opportunity for adults of all abilities and disabilities to take part in creative and social activities.
[Find out more](#)

Fundraising
Your life is precious only on the generous support of our volunteers and funders. If you'd like to know more about how you can help us make a difference.
[Find out more](#)

Her personal commitment was obvious as Heidi explained her own fundraising programme – doing 840 minutes of exercise in 8+4 days – as part of their new Door 84 8-4-8-4 Challenge for families and others who support their work.

Door 84's plans for the future, as lockdown eases and they are able to start-up more direct activities, include Activity Packs, Picnics, Youth Projects and Staff consultations, and the launch of an exciting new website. They are clearly going to meet the future with enthusiasm and we wish Heidi and all at Door 84 huge success in the vital contribution they make to the York community.

DOOR 84

What Next?

- Continual Staff Consultation
- Continual Young People, Community Members and Parents/Carer Consultation
- Activity Packs
- Picnic (bring your own pack up) in the Park for Community Sparks
- Booked on only small outdoor Youth Projects
- Fundraising Strategy
- Launch of new Website

Heidi

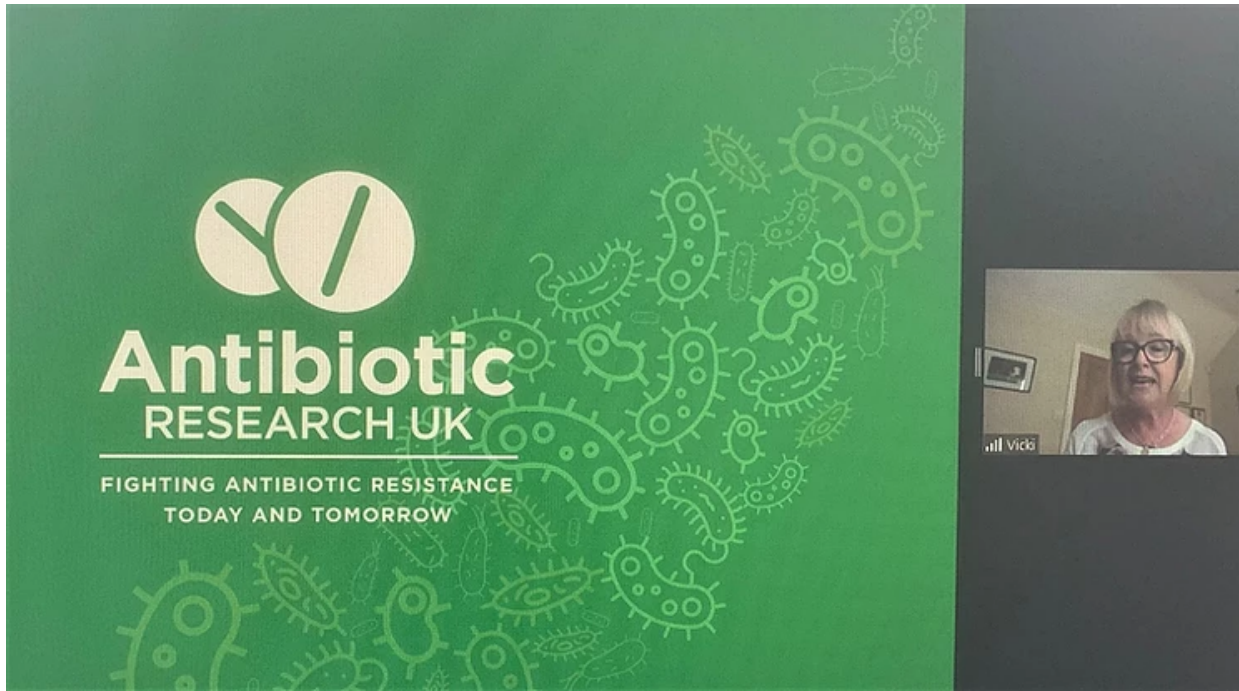




York Rotary News

Aug 17, 2020

The Antibiotic Resistance threat

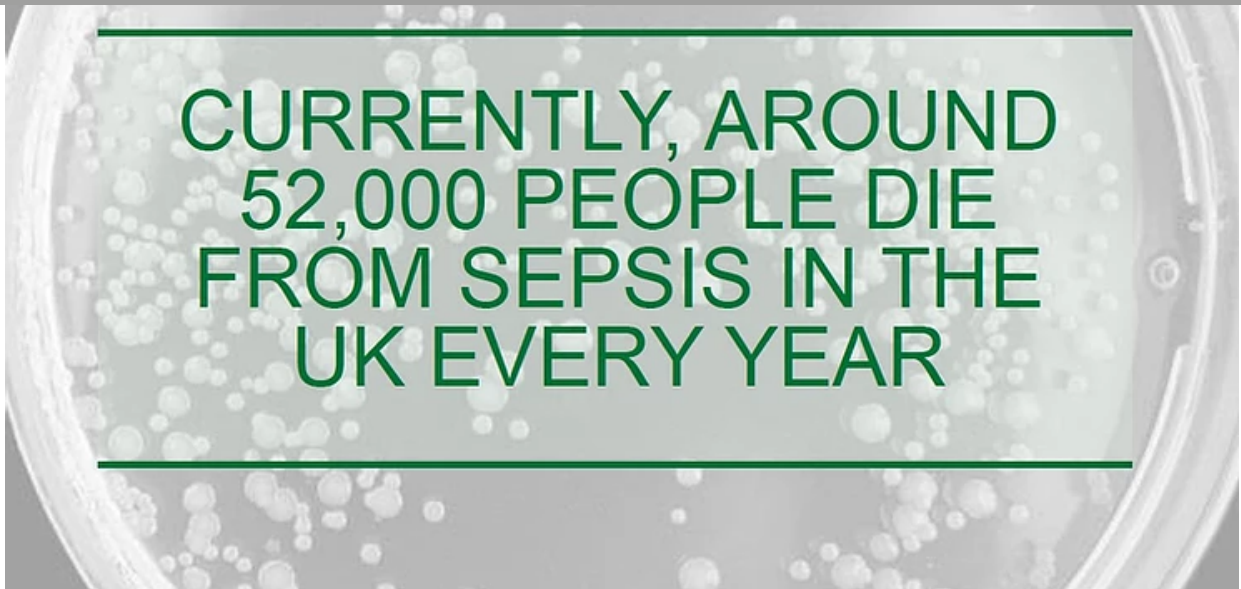


Our speaker on **August 14th**, Vicki Joughin, enjoyed a career in UK and International Healthcare Marketing, joining Johnson and Johnson in 1995 and finally retiring in 2017. On retirement Vicki looked for a charity where she could offer the skills that she had developed during her career and admitted she didn't have to look far before she came across [Antibiotic Research UK](#) (ANTRUK), the first UK charity founded to address the problem of antibiotic resistance infections.

Vicki's presentation highlighted the importance of antibiotics since their initial discovery by Alexander Fleming in the 1920's. The effectiveness of antibiotics has been phenomenal since then and we have all benefitted from them in some way. However, as a result of what sometimes is overuse, by 2017, bacterial infections resistant to antibiotics had resulted in 33,000 deaths in Europe, and approximately 6,000 of these were in the UK.



The routine use of antibiotics in animals reared for our food has accelerated the situation. Like Covid-19, this is a global issue, and the result of it may mean that what are now considered routine and even common operations both minor and major, could be less available in the future, and may be considered too risky, due to the possibility of bacterial infections resistant to antibiotics.



Covid 19 has brought added challenges, as some patients succumb to secondary bacterial infections as a result of Covid.

Vicki explained that we can help by supporting the charity - ANTRUK - in a number of ways, are illustrated here, and especially by demonstrating a commitment of AN

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A shift in the life of a volunteer at Askham Bar...





York Rotary News

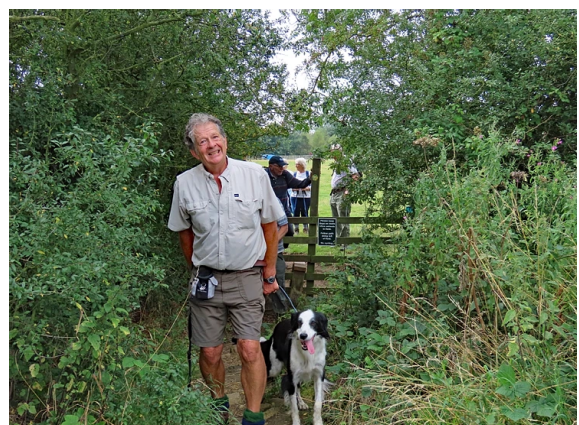
Aug 20, 2020

Sheriff Hutton walkers



Steve W reports... Nineteen of us met at the Highwayman at Sheriff Hutton on a warm Wednesday morning, **August 19th**, all of us hoping the weather would remain bright for the next few hours considering the forecast was for rain later.

Graham led the walk at a brisk pace, whilst we stopped to admire along the way the ever changing landscape, the countryside at this time of year is at its best, harvest is now underway, the potato crop looks good, and the grazing livestock look content. The hedgerows are heavy with berries, and in the distance we see racehorses exercising on the gallops .



We covered six & a half miles in three hours, by now the sun was shining as we reconvened back at the Highwayman where we enjoyed a hearty lunch (with help from The Eat Out To Help Out



York Rotary News

Aug 23, 2020

Tales from the Restoration

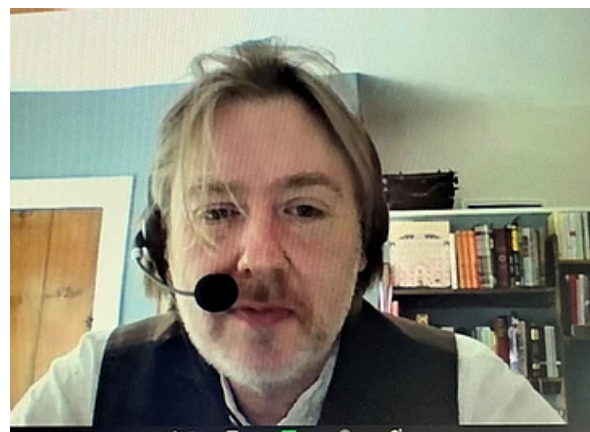
1760s.....



On **August 21st** we welcomed Richard Pollitt the curator of the Mansion House, St Helens Square, York.

With a real passion for his subject he gave a detailed and most interesting account of the Mansion House's biggest restoration project since it was built in 1725.

The Open Door Restoration Project was made possible by a grant from the Heritage Lottery fund and funding from the City of York council amounting to £2.6 million.





Whilst the project involved restoring the building to its former glory it also allowed for an authentic Georgian kitchen to be put back in place as well improving displays and access to the largest civic collection of gold and silver any where in the UK. The most expensive and challenging task was to replace the crumbling state room ceiling with 12 massive steel girders.



During the restoration builders made some interesting discoveries hidden in the walls and ceilings.

These included a mummified cat, a ladies shoe and masses of graffiti dating back to the 16th century , historically put in place to ward

off evil or act as a lucky charm to protect the building.

Most interesting when returning the façade to its original colour, restorers removed 47 layers of paint.



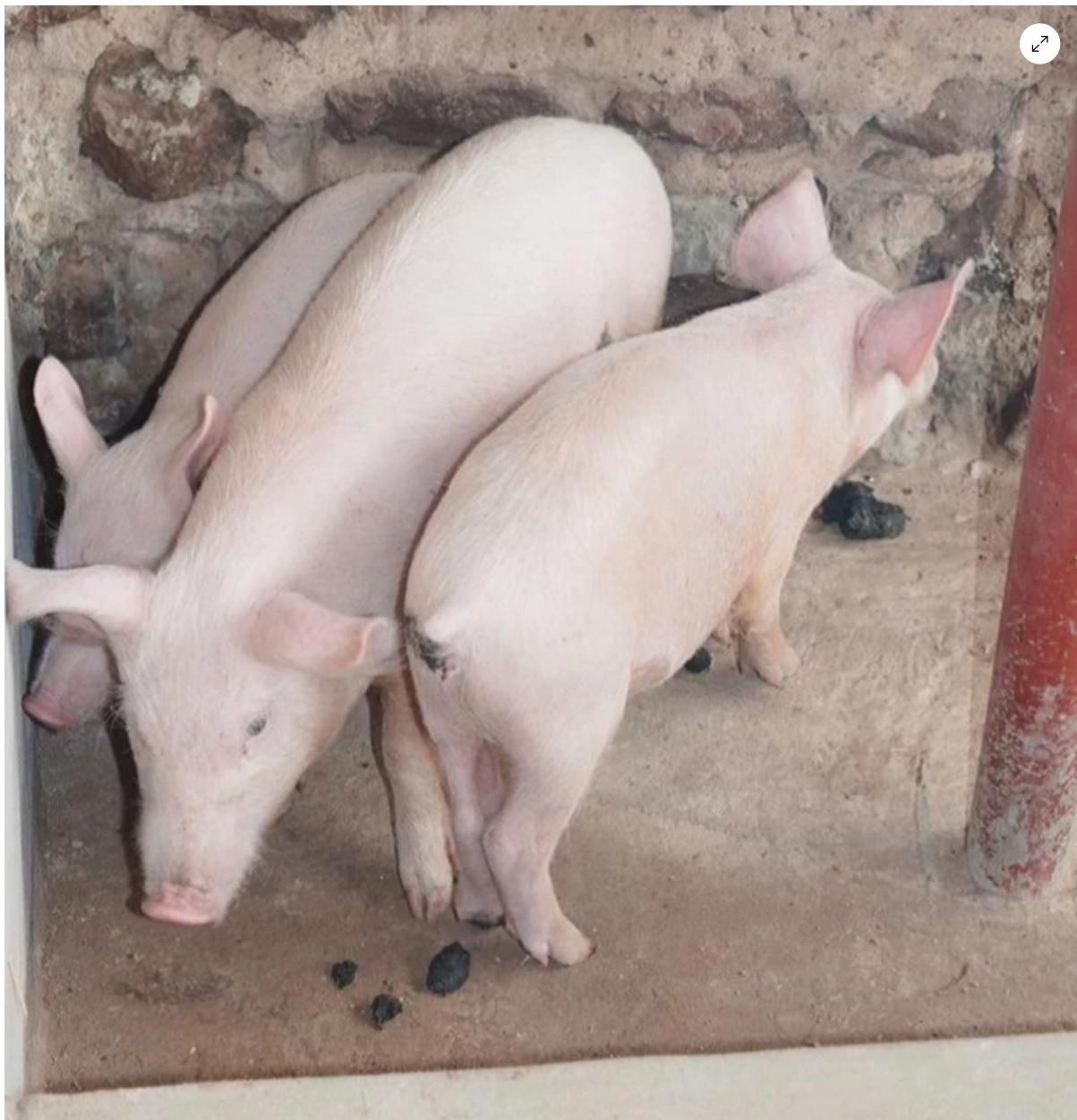
The colour scheme in the 1820's



York Rotary News

Aug 25, 2020

Update on the Ebenezer Piggery in Zambia



Last February the "Big Quiz" at Stockton-on-Forest Community Hall was organised by Mary and Sheila to raise funds - over £2100 - for a new Piggery at the Ebenezer Children's Farm in Zambia.

We have just received the latest Newsletter from the Ebenezer Trust which includes the following article about the opening of the Piggery...





broken apart from providing meat, it is also a source of manure which can be used at the farm. There is good demand from domestic as well as export market for pig. The farm is located in a now growing residential area as government has in the recent past been allocating land. This provides for the new and growing market.



For this this reason, ECCT farm has embarked on piggery farming as a one of the most lucrative and profitable livestock businesses. Pig farming will provide supplementary income to help improve the living standards of the children. Recently, the farm rehabilitated one of the shelters to make it a piggery. The rehabilitation of the piggery has been completed and pigs have since been bought 6 gilts and 1 boar.

"We are very confident on the leadership of the new Farm Manager (Benedict Mofu) as he has exhibited commitment in planning and execution of outlined projects: the piggery is not exceptional. We are very optimistic about this project as it will contribute to the goal to-wards self-reliance. I would like to thank the donors especially Mary Lumley and her UK team for contributing funds towards this project. We are hoping to raise more funds so that we can start processing products such as bacon, ham, sausages, etc. " said Owen Lisulo, Executive Director of ECCT."





York Rotary News

Aug 26, 2020

Golf competition with a difference!



Dennis reports...

York Rotary Clubs' annual knock out golf competition for the Shouksmith and Thompson Plate Trophies, which are normally played over the summer months could not be held in its usual format this year due to Coronavirus. Instead, an 18 hole event was held at Pike Hills Golf Club on Sunday [23rd August](#), to decide the destiny of both trophies.

This was the first club golf event held since the sad passing of our golf organiser for many years, David Sweeney, and a tribute was made for all the work and organising he had done so well in the past.

Nine club golfers took part in the competition, held on a bright afternoon apart from one heavy shower, which did not dampen the spirits and enthusiasm. The golf was followed by a socially distanced meal in the club dining room, attended by the players, partners and supporters, making a total of 17, including President Kevin, who presented the prizes.



In 3rd place was Tom Jackson with 27 points

Winner of best first 9 holes - Dennis Adamson - 21 points

Winner of best second 9 holes - Keith Hayton - 12 points.

Winner of The Thompson Plate - Dennis Adamson - 31 points





York Rotary News

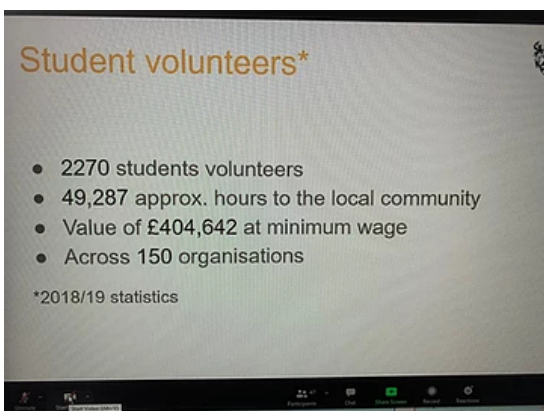
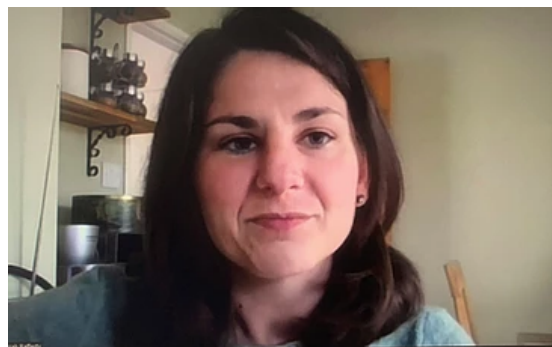
Aug 28, 2020

Student Volunteering at UoY



Ever wondered what students get up to whilst not actually studying? Contrary to what many may suppose, there are a vast number of students who volunteer to work in the local community, helping schools, charities and individuals and “giving something back”.

Our speaker on August 28th was Sarah Rafferty, Community Projects Manager at the University, who is part of the 4-person team responsible for co-ordinating these activities. A *Friend of York Rotary*, Sarah has been working at the University in this area for the past 8 years. Amazingly, around 2270 students volunteer each year, with the aim of getting to know the city better, and meeting people, as well as for genuine altruistic reasons.



Sarah described four main programmes that they run. These are

- York Students in Schools; where students provide tutoring and other services for local educational establishments ranging from nurseries up to York College.

- Volunteer Brokerage; promoting volunteer roles in local charities (Snappy being a primary example) where students can offer help as required.

- Student Union Projects and Fundraising; individual projects which are student-led and provide services, for example a Tea and Coffee club for older people, meeting on campus. Fundraising



Sarah's team work closely alongside York Cares, a University initiative that co-ordinates volunteers from the commercial and industrial sectors (who have helped us with several programmes including our recent Family Tree Planting project).

The scope of projects and the level of commitment shown by students was eye-opening and many of us were struck by the huge resource available to the community and the possibility of linkages between this programme and our own Rotary work locally – an opportunity not to be missed, surely.



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York Rotary News

Sep 1, 2020

Hope and Aid Collections

Diane reports...

Our first collection of items for refugees was made on Saturday **22nd August**. We (me, Frank, Nigel, and Robin) transferred all the boxes from Frank Paterson's garage into Roddy's (Hope and Aid Direct volunteer) van for transporting to the warehouse near Bath.



We sent 26 boxes of towels, 23 boxes of blankets and 46 sleeping bags plus a 3-bedroom tent, 2 pallet loads in total. What a fantastic total!



Well done everyone – but please can you keep collecting. There will be a container going mid to late September and if we can contribute another pallet load that would be fantastic.

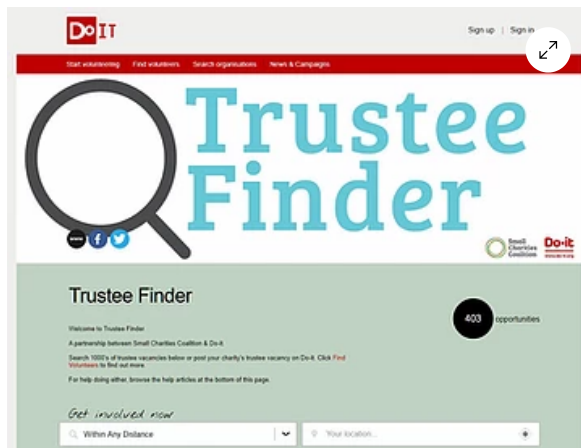
A request has gone out to Friends of York Rotary so those of you who offered to be collectors may get a contact via the website.



York Rotary News

Sep 5, 2020

Being a Charity Trustee - What's it all about?



One of the websites for finding Trustee opportunities

Our speaker on **September 4th** was David Harbourne, Chairman of York CVS (York Centre for Voluntary Service). David started by asking the Question “Why be a trustee?” and answered this by taking a phrase from our own website, “Giving something back”. He briefly described the time he had had with the different charities whilst giving a plug for York CVS and describing the small charities fund they now had, thanks to some generous donations. He then concentrated on describing the role of the trustee.

Whilst many of our members will be trustees themselves it was refreshing for those and illuminating for members who had not yet had the experience of being a trustee. David placed a strong emphasis on the need for trustees in many organisations and the fact that it was not specialist knowledge which was required. Trustees, he was keen to say, needed to be able to use their experience – and common sense – to support the charity.



He then indicated the actual work of the trustee, making clear how trustees were responsible to ensure that the charity followed its own articles of association (constitution) by following the work of the employees.



It's about knowing:

- what your charity can and can't do within its purposes
- how your charity is fulfilling its purposes and benefiting the public
- what difference your charity is really making



It's about being:

- familiar with your governing document
- up to date with filing accounts, returns and any changes to your charity's registration details
- aware of other laws that apply to your charity

It's not about being:

- an expert - but you do need to take reasonable steps to find out



It's about:

- making balanced, informed decisions
- recognising & dealing with conflicts of interest
- ensuring trustee benefits are allowed
- being prepared to question and challenge
- accepting majority decisions

It's not about:

- preserving the charity for its own sake
- serving personal interests



It's about:

- managing risks, protecting assets (reputation) and people
- getting the resources your charity needs
- having and following appropriate controls and procedures
- dealing with land and buildings
- responsibility for, and to, staff and volunteers



It's about:

- using your skills and experience
- deciding when you need advice
- preparing for meetings
- getting the information you need (financial, management)
- being prepared in case something does go wrong



It's about:

- meeting legal accounting and reporting requirements
- being able to show that your charity complies with the law and is effective
- being accountable to members and others with an interest in the charity
- ensuring that staff and volunteers are accountable to the board
- welcoming accountability as an opportunity not a burden

He pointed out that the time involved was not great, four to eight meetings a year, but that the rewards in terms of enjoyment and satisfaction were great. He reassured anyone concerned about the potential risk by pointing out that organisations inevitably had indemnity insurance to cover this.

Strategy

"Quickening the spirit of fellowship and social service" needs a bit of translation!

We have adopted four strategic aims:

1. To support the voluntary and community sector to survive and thrive
2. To represent the sector and provide a voice
3. To deliver services with a social impact
4. To sustain our organisational strength

York CVS Strategy statements agreed by their trustees

Finally, he encouraged anyone not involved to take part and indicated websites where charities advertised their need for volunteer trustees. *examples:*

<https://do-it.org/channels/trustee-finder>

<https://reachvolunteering.org.uk/charity-trustee-vacancies>

<https://jobs.theguardian.com/landingpage/3000004/charity-trustee-html/>





York Rotary News

Sep 12, 2020

Helping Desperate Refugees in Greece

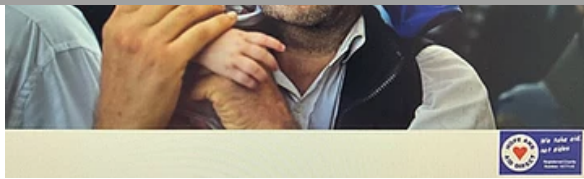


We were delighted to welcome Charles Storer, CEO of [Hope and Aid Direct](#), to our Zoom meeting on [September 11th](#).

Charles first explained some of the recent activity of this charity who convoy essential aid out from the UK to refugee camps in the Greek islands (and sometimes elsewhere). The migrants in the main camps on Lesbos total over 16,000; others are in Chios (4,600) Samos (5700) and Kos (2250).

The camps are all excessively overcrowded and have desperate living conditions, with no running water, dangerously bad sanitation, inadequate food and are often under attack from local thugs and gangs.





Hope and Aid Direct collect essential supplies in the UK (York Rotary are currently collecting blankets, towels and sleeping bags) and transport them across Europe to Greece. The supply line is essential to support the ever-increasing demand from more refugees who come mostly from Afghanistan, Syria, Iran and Iraq, and include many children (around 30%)

Europe Since January 2020...

- All the islands aid warehouses torched by neo-Nazi thugs
- Many volunteers attacked, and cars damaged
- Riots between locals and riot police
- Riots between Police and refugees
- Anger between locals and refugees
- Most NGO's have retreated or left
- Eastern borders all closed to refugees
- Minimal volunteer numbers for over 40,000 refugees
- A handful of medical volunteers
- Volunteer Food kitchens forced to close
- Dangerously bad sanitation
- 2/3 hours queuing for food of very poor quality – often mouldy

And then...Coronavirus

- Total lockdown
- Volunteers need written permission to work
- Volunteers self-certification to go to buy food
- Refugees confined to their tents!!!
- All EU borders closed to non-commercial traffic...but border checks on every EU border – that's 8 countries x 2sides x 2 journeys = 32 passport and papers checks potentially
- My co-trustee stuck out in Samos
- One confirmed case 3 weeks ago – jumped to 35 confirmed cases
- Camp on full lockdown

Bill Charles Storer

As if this was not a difficult enough task already, 2020 has seen the impact of COVID severely restricting both the ability to travel overland and the ability of volunteers to get entry into the camps, which are currently in full lockdown.



The most recent shipment was sent to the Moria camp on Lesvos. Just last week, this camp suffered an extensive and tragic fire which has virtually destroyed the living quarters and personal belongings of most of the migrants, who are now having to live on the roadside, and are getting very little support from local police or agencies. It is a dire situation which Hope and Aid are trying to respond to through two shipments (going by sea) to local agencies.

We were shocked by the tragic stories related by Charles and we wish him and their team (which includes our own Diane Rowarth as a regular volunteer) success in their most difficult endeavours.





York Rotary News

Sep 19, 2020

Small-group Walking

With the restrictions on group size, our walk on **September 16th** was actually two!

The walks, in small groups of under six, were led by Graham Wilford and Brian Joscelyne....



Upper Farndale Walk

Graham treated his group to the delights of the Upper Farndale Valley – pity he managed to pick the worst day of the week for weather, low cloud and damp for the first hour - but still an enjoyable walk with stunning scenery.

The Upper Farndale Valley, with its 20 or so isolated farmsteads is remote, being way beyond the popular daffodil areas, so has an old world charm, left largely untouched by the modern world. The substantial farm buildings are one of the outstanding features of the Dale – both farmhouses and barns, built using huge carefully dressed sandstone blocks - resulting in buildings as solid today as when built several hundred years ago and doubtless will last for centuries more.



See the photo of the typical barn doorway with its carefully shaped arch.

Another photo shows the picturesque 'green lane' crossing the Dale – living up to its name.



1909. Both proposals, to flood 500 acres of the valley, failed – Hull couldn't afford it and the YRA couldn't persuade the Parliamentary Select Committee that it was needed for water supply purposes, so the Dale was saved from inundation on both occasions.



The Feversham Arms at Church Houses provided a very welcome spot for a tasty lunch, by which time the weather was improving to reveal as the photo shows, some more of the dale previously shrouded in mist.

The Sloe Walk

The second walk (under COVID restrictions) on September 16th was a short-ish 4-mile amble led by Brian Joscelyne. Five of us set out from the Ryedale village of Westow, and walked a circular route north west across to Firby then east to the River Derwent, which was delightfully quiet and peaceful under somewhat grey skies.



Traversing a narrow path by the river through woodland, we came across sloe / blackthorn bushes with an abundant supply which we picked while taking our coffee break. Thanks to James for supplying us with the small black "doggie" bags – unused, he said they were – in which we could carry home our catch and thus prepare for Christmas!

Continuing through Jeffrey's Bog, wet but manageable underfoot – and past a group of Highland Cattle that the Wildlife Trust are managing under their conservation programme, we turned south, heading past Grange Farm and Kennels, back to Westow where the Blacksmiths' Arms provided us with an excellent lunch menu and a chance for a rare face-to-face chat.



York Rotary News

Sep 22, 2020

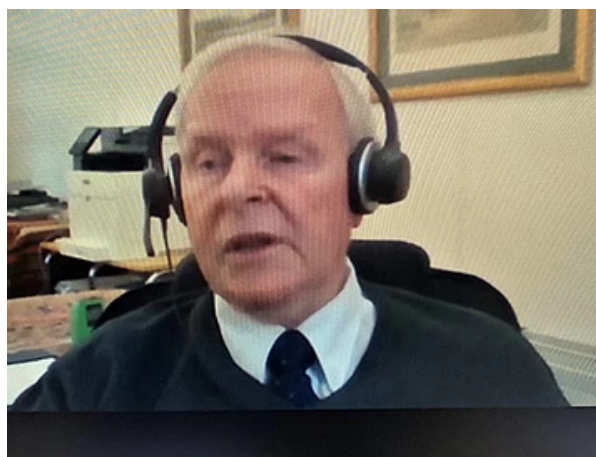
Project Mala - an update



Our speaker on **18th September** was Robin Garland, Founder and Chair of **PROJECT MALA** a charitable action programme for the abolition of child labour in the hand knitted carpet industry in Uttar Pradesh, India putting education to the fore with its 4 R's Reading, 'Riting, 'Rithmatic and Respect'.

In 1986 Robin established Project Mala and set up the first flagship campus to be opened at Guria. There are now 6 campuses in the general area, between them offering education at 4 levels: 5 Pre school, 4 Primary, 4 Middle and 3 Secondary plus 1 Intermediate College

Over 30 years more than 10,500 children have been enrolled, nearly 1500 are currently studying with over 100 staff. All students get 2 sets of uniform, a cooked lunch daily, all books and medical care including eye tests. Attendance, from over 40 villages in the area, runs at 92% and there are 4 parent teacher meetings each year for each set. All Sponsors get regular reports for their allocated named student(s) Sponsorships personal or Corporate, cost from £8 to £25 per month. Running costs are about 1/4million pa.





Robin was motivated into doing something to improve the lives of poor, young and often work-abused children by offering an education chance with welfare back up, and he and his team, here and in India have made Project Mala a great success story. Mala in Hindi means a sort of floral garland! The MBE he was awarded in 2016 for "Life changing work for children in India" was well deserved

He explained that the schools were open for applications at any level from Pre-school (some for girls only) upwards, and with places limited to about 300 per year, and many more than that applying, academic selection testing was necessary, but a few children with obvious IQ or potential talent in non-academia were welcomed too. At the moment more boys than girls apply, and one early problem is that many are not even fluent in their native Hindi language!



Javid

Secondary level includes Sciences and Computer Studies, and one very talented student called Javid took up, and flourished at an all costs covered year at the junior school for Repton. Alas a "have to pay" offer for Repton itself which followed could not be afforded. Sponsoring individuals is not a Project Mala policy

What of the future? Robin would like to see nearer a 50/50 boy/girl ratio, more varied classes, boys boarding, and up to University Level available, but he was concerned that that the chances of any local work in such a poor area for future e.g. Accountants, Solicitors or many other graduates would be small. Robin then signed off, back to another Fund Raising challenge for some Digital Touch Screens for some classrooms

The sight of happy, smartly dressed students in the photographs of the pseudo-classic PROJECT MALA logo'd entrance portal at Guria, and many more enjoying their daily midday meal, seem to make it all so rewarding! The challenge continues





York Rotary News

Sep 23, 2020

Rule-of-Six President's Cup

A Covid-friendly pod of six alleged golfers congregated at Fulford Golf Club on **20th September** in the last days of the summer's sunshine.

Keith Hayton, David Impey and Mike Sullivan made up the first 3-ball with Dennis Adamson, Tom Jackson and Steve Burton the second. As ever the golf was its usual mixed bag of great drives, duffed seconds, long puts sunk and tiddlers missed – all of which having to be deeply discussed in great detail in the 19th afterwards.



Mike Sullivan about to drive off on 1st hole

The 'nearest the pin' prize on the 5th was unclaimed as no player managed to get the ball on the green in one; the 'longest drive' on 15th modestly won by Steve!

Mike Sullivan metamorphosed into David Jesper when the golf was over, the former unable to stay for the meal, the latter standing in for President Kevin to present prizes [strange to appreciate we have a 'working' President these days].





with eating all the chips.

Full report is on our Golf page [here](#)

It was good to report all 6 golfers had in excess of 20 Stableford points -



3rd place Steve Burton 26

2nd place David Impey 27

**1st place
Dennis Adamson (pictured - r) 31 collects
the Presidents Cup 2020 from PP David
Jesper (l)**



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Celebrating our Inaugural meeting - 100 years on



A shift in the life of a volunteer at Askham Bar...





York Rotary News

Sep 28, 2020

Welcome to Erin

Eileen reports... At our Zoom meeting on **September 25th** we welcomed Erin Hartman, whom York Rotary has agreed to host during her post-graduate studies in the City. She is a Marshall Scholar from USA who arrived on 13th September - and is quarantined in her apart-hotel until 27th September! She has met with several of us via Zoom and is looking forward to being able to join some of our Friday lunch meetings.

More importantly, she is looking forward to getting out and about to meet us face to face and to explore York and the University of York where she will be studying for a LLM in Human Rights and International Law. (This is the same course as Scholar Taelor Lewis undertook in 2018-19). Not only has Erin achieved a prestigious Marshall Scholarship from the British Government, she has also been awarded a Coles Roberts Humanitarian Grant from sponsors RC Medford-Vincentown in New Jersey, USA.



Erin writes :

I am coming to York from Medford, New Jersey in the United States. I was very involved with the Medford-Vincentown Rotary growing up, including being President and a member of my high school's Interact Club, attending RYLA, and being a Rotary scholarship winner for high school seniors. I graduated from the University of Pennsylvania in Philadelphia with a Bachelors in Nursing and a focus on Health Economics and Public Policy. After graduating, I worked for New York Presbyterian Hospital in Manhattan as a registered nurse and a sexual assault nurse examiner.

In Autumn of 2019, I was awarded a Marshall Scholarship and the Medford-Vincentown Rotary's Coles Roberts Humanitarian Award. I will be studying for a Master of Law (LLM) in International Human Rights Law and Practice at the University of York. My aim is to work at the intersection of health, policy, and international law to end violence against women in all its forms, specifically in conflict and humanitarian settings globally.

We extend a warm welcome to Erin and hope that her time in York will be worthwhile and happy.



York Rotary News

Oct 4, 2020

COVID update for N Yorkshire

Mike Wilson reports... Lincoln Sargeant was appointed Director of Public Health for North Yorkshire in 2012 following a reorganisation of the NHS which transferred responsibility for public health from the NHS to Local Authorities. This occurred at a time when austerity cuts were focussed on all public bodies and Local Authorities suffered more than most. As a result when the present pandemic arrived the country overall was ill prepared and the Government rushed to the private sector to bale us out.



Speaking to us on Zoom on **October 2nd** Lincoln pointed out that one of the many functions of public health was to be prepared to organise the response and to track infectious diseases, and reminded us that TB, for example, was still with us and environmental health officers were regularly engaged in these activities. It was therefore unfortunate that when the covid pandemic first struck the Government did not use this resource and set up separate expensive track and trace systems which are still struggling to cope. There is now a more general acceptance that liaison between central and local services is the most effective method of surveillance bearing in mind that every outbreak starts locally.

With regard to coping mechanisms for the pandemic it is important that the public are educated first into the consequences of the spread of the virus before seeking their support for the imposition of restrictions. Whilst it is everyone's hope that a safe and effective vaccine is found it is important that those hopes are realistic bearing in mind the need for successful trials of any vaccine or treatment before their general use.

For the future, the present pandemic has exposed the inequities in our society and the low pay of our essential workers who are often in the most danger in a pandemic.





York Rotary News

Oct 10, 2020

Covid implications for the City of York

Our speaker on **October 9th** was Andrew Waller, who is a Liberal Democrat City of York Councillor, was first elected as the Member for Westfield Ward in 1994. He was leader of the Council between 2008 and 2011 and is now the executive member for economy and strategic planning. He has a wide-ranging portfolio including regeneration; high streets; business support; skills development and apprenticeships; health and safety, public protection and trading standards; planning, conservation and building control, to mention just a few. In addition, he is a supporter of many local organisations and worthy causes (and is a *Friend of York Rotary*).



Andrew started his talk by reminding us that the first cases of covid were reported in the city in January and the situation was further complicated by floods in February. Following the national lockdown in March, many of our residents were unable to leave their homes and in response, the council coordinated the formation of community hubs which were set up across York. Over four thousand volunteers provided material support to the vulnerable and shielding citizens of our city. The much-needed service they gave involved the delivery of food, collection of prescriptions and the provision of other essential requirements. Buddy calls also ensured the wellbeing of those in need.

With over thirty thousand residents on furlough there are serious concerns over how many of this number would become unemployed once the furlough scheme ends. There has already been a marked increase in the number of applicants for universal credit across the city. With some government support the city council has done its best to keep businesses open with business relief and grants to the retail, hospitality and leisure sector and this has provided over one hundred and eleven million pounds to businesses in the city.



With worries as to how the hospitality and retail industry would survive further restrictions, the city council has encouraged and helped many areas across the city to start up and open. Some of the areas that have been assisted, are market stalls, construction, universities, schools, and public transport with additional advice on observing social distancing, the wearing of face masks and hand washing to keep people as safe as possible. Off premises catering has been encouraged with the provision of space in streets and green areas within the city. York city council has also taken advantage of

government funds to encourage cycling as a safer way of accessing shops and businesses, It is encouraging that after lockdown, footfall in the city centre is on the increase, and hotels are seeing relatively strong occupancy rates. The eat out to help out initiative did help. The 10pm closure of pubs was disappointing and resulted in large gatherings of people coming out onto the streets at the same time. This came as no surprise to those of us who remember the 11pm chucking out time!



York Rotary News

Oct 18, 2020

£20,000 presented to local NHS Charity (updated)

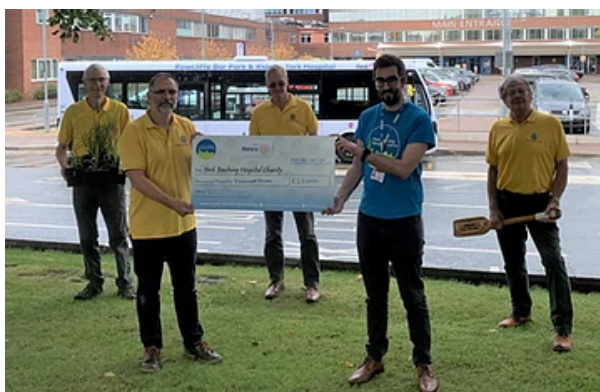
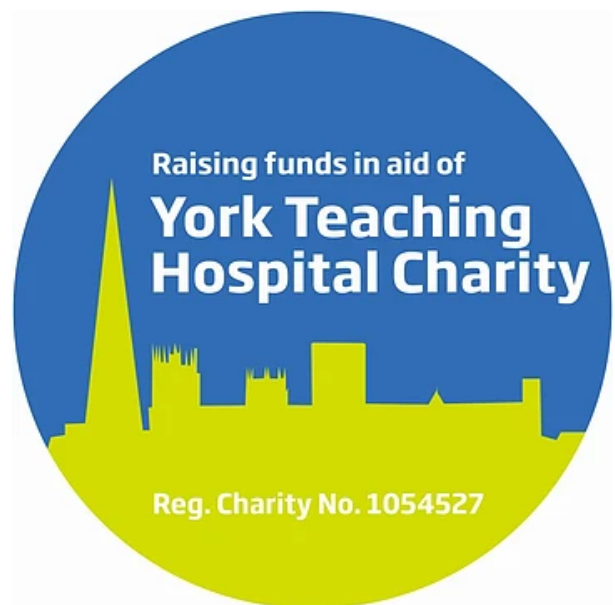
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Click to watch this video that tells the story..

In July each year, for the past 17 years, our flagship fundraising event, the York Rotary Dragon Boat Challenge, has raised huge sums for local charities - over £1.1million to date.

In 2020 the COVID pandemic presented a new situation and an imaginative approach was needed to continue the traditional event.

A "Virtual" Dragon Boat Challenge was devised, where individuals or teams could create their own "craft" in safe conditions following "lockdown" guidelines, and "paddle" it down the length of the 250-metre Dragon Boat course length - or something similar! whilst raising sponsorship money in doing so. Some very strange, creative and often hilarious solutions came forward - the videos of all these can be seen [here](#)



In the end, between and July and September a total of **over £20,000** was raised - an amazing total that far exceeded our original quite modest expectations.

On **October 6th** a presentation was made to staff at York Hospital, who included Joe Fenton, Community Fundraiser for York

Teaching Hospital Charity, and also a *Friend of York Rotary* member) (who had been collaborating with us in the running of the event) and Griselda Goldsborough who runs the Art Design team at the NHS Trust and will be spearheading the design



York Hospital staff Griselda Goldsborough and Joe Fenton (charity fundraiser)



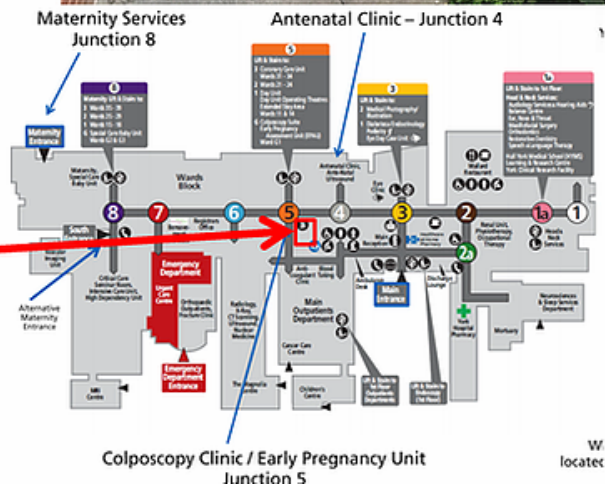
The new area is to be called the "York Rotary Reflection/Peace Garden"; the development of the garden is expected to take several months and we will get regular updates from the team.

A huge thank-you to everyone who participated and supported this unique Dragon Boat event!

The montage below shows the area to be re-developed and its location inside the hospital complex



Proposed Rotary Garden Space



The presentation had quite a lot of local publicity in press and TV, including [this article](#) in The Press (York) and the printed version below...



to the York Hospital charity

Virtual dragon racers raise £20,000 for York Hospital charity peace garden

YORK'S annual dragon boat challenge has raised £20,000 for a York hospital charity - even though it couldn't go ahead on the River Ouse as usual during the summer because of the coronavirus. York Rotary says 18 teams took

part in a virtual challenge after being asked to come up with novel and amusing ways to 'paddle' the equivalent of the Dragon Boat course - 250 metres. "The ideas they came up with were amazing," said a

spokesperson. "These included a submarine, a boat made of ladders, and a soapbox pulled by a dragon. "In the light of everything the NHS has done during the pandemic, it was decided at the

outset that York Teaching Hospital Charity would be a worthy recipient of monies raised." They said the money raised would help fund a 'Peace and Wellbeing Garden' at the hospital, an area for relaxation and reflection.

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A shift in the life of a volunteer at Askham Bar...

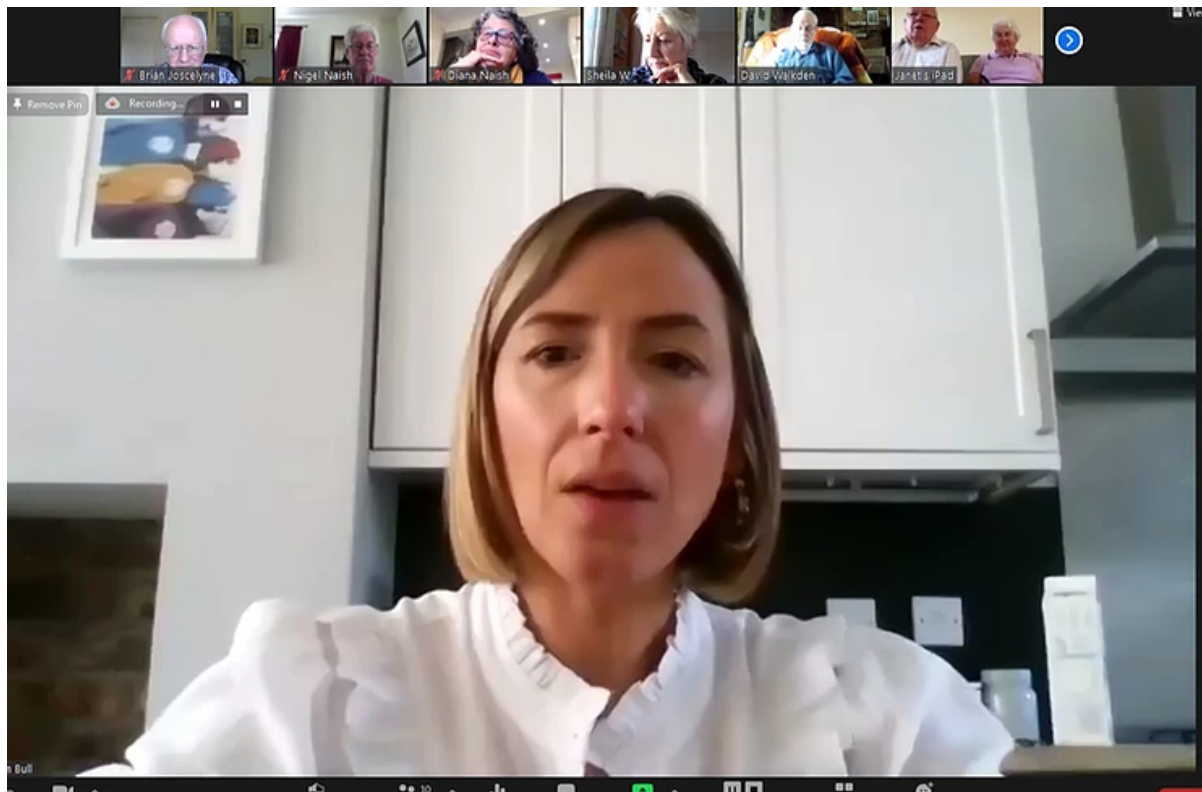




York Rotary News

Oct 19, 2020

Learning about Dementia



Leah Bull

On **October 15th** a group of 11 members and partners attended an "Zoom" education session on becoming Dementia Friends, run by *Friends of York Rotary* member Leah Bull and her colleague Julie Lee, both from Alzheimer's Society Yorkshire. This followed a similar pattern to the highly praised session led by Leah last December (at the Novotel).

We learnt a lot about the facts and myths of dementia, a brain disease often misunderstood and confused with "ageing" (there being no direct correlation); that dementia is not just about losing memory; and how to help us and others understand the needs of people who have dementia and help them lead a positive life rather than being viewed as a "victim".





York Rotary News

Oct 22, 2020

COVID and LNER



David R reports.. Robin Gisby, chairman of LNER, in the course of a fifty minute talk and question session on **October 16th** reflected on the impact of the CV pandemic on the company's current business and how it might change attitudes beyond the pandemic towards rail travel and to a more ambitious role long term for rail companies in the community.



Prior to the pandemic LNER's average ticket price was £40 and the company turned over £850 million a year, returning £50 million to government. Today the average price is £28 and the Government supports the company to the enormous tune of £280 per passenger journey! Whilst the situation has stabilised somewhat during the summer there remains a widespread and worrying CV fear of train

travel in the North with rail losing market share to private means of transport, and it must be addressed post CV.

Post CV, Gisby sees that the multiplicity of privatised train companies, on the ECML, in Manchester and elsewhere, is operating unneeded service capacity which would better be coordinated and rationalised, ultimately perhaps fully nationalised, and a drive made to modernise the processes of interaction between the public and the railway in such matters as a more flexible fares structure to



larger.

Taking questions, Gisby believed that HS2 is a miss-named project, providing essential new capacity between London and the North, not only extra high speed. The project is gold plated and the feeder links must be improved first. Therefore after construction of the London – Manchester leg of HS2 currently now started, he feels the HS3 east-west Trans Pennine route should next be developed – the populations of Leeds and Manchester are significantly higher than Edinburgh and Glasgow – and should incorporate the new HS2 link to Leeds.



On stations Robin would like to see city stations being much more at the hub of commercial life and better integrated into the community: greater range of food and essential services, internet booths, work stations and meeting rooms, parcel pick ups, etc. The Victorian rail corridors through our cities are a wonderful inheritance but first it will be necessary to redesign many station premises and introduction smart technology to serve both travellers and city dwellers. Progress will inevitably be piecemeal.



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A shift in the life of a volunteer at Askham Bar...



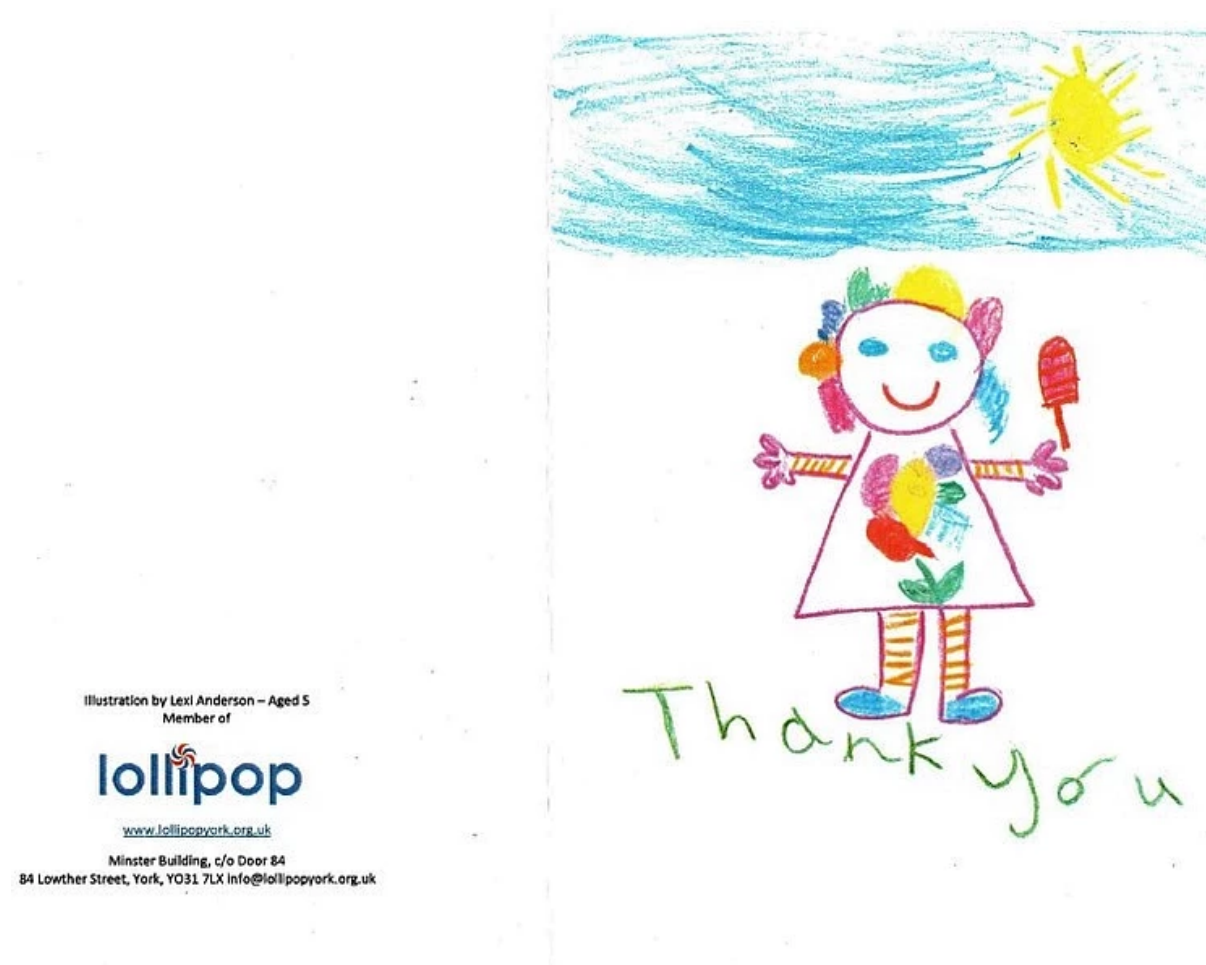


York Rotary News

Oct 24, 2020

A Card from Lollipop

Updated: Oct 26, 2020



We were delighted to get this card from Lollipop, a local children's charity established in 2004 to offer support to deaf children, young people and their families in York and North Yorkshire.

They were the designated recipient of our "Donate a Lunch" programme during September. You can read more about them [here](#)



16 October 2020

To York Rotary Club,

Thank you!

A heartfelt thank you from everyone at Lollipop! Your generous £700 donation from your 'donate a lunch' campaign was very generous and much appreciated.

Your donation will directly benefit children and young people with deafness in York and the surrounding area. Throughout this difficult time of social distancing, reducing social and emotional isolation for deaf people is of even higher importance, and we are working on a number of ways to stay connected with Lollipop families, and to help them stay connected with each other.

We are hugely appreciative of your support and send you our thanks once again!

Best wishes,

Lollipop



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News from Brunswick Nursery



Celebrating our Inaugural meeting - 100 years on



A shift in the life of a volunteer at Askham Bar...





York Rotary News

Oct 26, 2020

The Harry Gration connection

Graham W reports from the archives... Many will have seen that Harry Gration has just retired from *Look North* after 40 years with the BBC. York Rotary has a particular reason for acknowledging Harry, as he was a great help in publicising the first few **Dragon Boat Challenges** and in particular the first DBC in 2003 where he played a very supportive part. We wish him well in his retirement.

The first photo shows a *Press* photo of the younger looking Harry with the younger looking Frank Paterson, the President in the run-up to the 2003 DBC.



The second photo shows Harry with the younger looking Robin Rich who was President at the 2003 DBC itself - when Harry was involved with the presentations.





News from Brunswick
Nursery



Celebrating our Inaugural
meeting - 100 years on



A shift in the life of a
volunteer at Askham Bar...





York Rotary News

Oct 26, 2020

World Polio Day



President Kevin pictured in front of the Mansion House

October 24th was World Polio Day, and like many Rotary Clubs across the world, we recognised Rotary's immense contribution to the progress of eliminating this disease across the planet, by illuminating part of the York Mansion House in purple.

The significance of purple is that this is the colour used to mark the fingertips of children who have been immunised during mass polio vaccination programmes, especially in the third world.

Until the onset of the COVID pandemic, polio was on the verge of being extinguished as a disease, with only a few cases remaining in Pakistan and Afghanistan. Africa was declared polio-free a couple of months ago, and India a few years ago. The impact on the Polio Plus programme of the set-back in immunisation activity forced by COVID remains to be seen, but will certainly mean a need to re-double efforts towards eliminating this life-threatening disease.



York Rotary News

Oct 28, 2020

100th Shipment at Physionet

Updated: Nov 1, 2020



York Rotarians have for many been supporting the work of Physionet , a local charity who collect surplus NHS equipment - mostly mobility aids - then sort, clean and store these until regular shipments are made to third-world countries who are desperate for such equipment.



Our members' support has been in the form of helping with truck loading, as well as volunteering as drivers to collect equipment from hospitals all over the UK.



Recently 5 members helped with the latest truck loading - at the Gelsthorpe Farm storage location off the A59 - as these pictures show.

This was a special shipment, as it was the 100th in Physionet's history, and was to Fiji. By coincidence, the very first shipment was also sent to Fiji, in 2005.



York Rotary News

Nov 1, 2020

The Retail sector and how it's faring under COVID



Graham T reports... Our Zoom meeting speaker on [October 30th](#) was Howard Saycell, who is Chief Executive of Retra (the UK's leading trade association for independent electrical retailers and servicing organisations) whose topic was "The Impact of COVID on the retail sector".

What an interesting talk we were enthralled by. As in many of our recent talks Howard was on top of his subject both in the delivery and his answering of the many questions.

The first notable revelation was that retail has a 7% share of GDP yet bears 25% of this country's business rates. During the good times that we have had in our recent history this was able to be absorbed but now it was proving the last straw in bringing businesses to their knees. The rise of internet trading has not helped and the latest turnover of £74.4 billion for Amazon in the last quarter, a rise of nearly 40%, really brought this home. Wisely, Howard did not venture into the amount of business rates and taxes that they pay.

The only bright note that we were given was that the recent problems had brought about a rise in specialised small businesses. Indeed, in the small town that Howard lives an artisan bakery and a delicatessen have arisen and are thriving thanks to vigorous local support.

Consumers are, in general, supporting their local shops. Unfortunately, it may be too little, too late.



York Rotary News

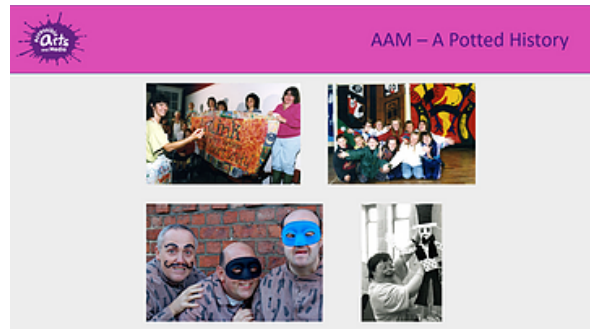
Nov 17, 2020

Accessible Arts and Media

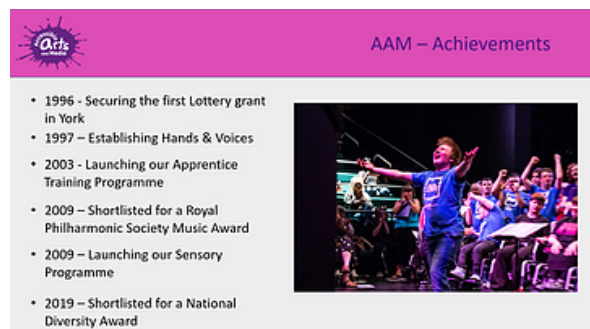
Mike Fieldsend reports... Just when you think you have got a handle on what goes in in York in the charitable sector, someone comes along and turns your assumptions upside down. Such an occasion occurred when Kirsty Halliday came to speak to us on **November 13th** about the work of [Accessible Arts and Media](#), a York based charity working with people with varied and often complex difficulties..



The power of music in helping those with learning difficulties, dementia, and mental health problems is reasonably well know. However, Accessible Arts and Media has taken this concept and run with it, introducing a wide range of programmes from some that are relatively simple in format – like the ‘Hands and Voices Choir’, through to others that make imaginative uses of technology – such as iMUSE (Interactive Multi-sensory Environment), where movement through space is transformed into musical sounds and physical sensations. Video clips of participants taking part in both these activities were extremely moving.



As a *Friend of York Rotary*, Kirsty’s was already known to some members of the club. However even those who had met her previously must have been amazed as she outlined the incredible range of work Accessible Arts and Media does in the local community.



- 1996 - Securing the first Lottery grant in York
- 1997 – Establishing Hands & Voices
- 2003 - Launching our Apprentice Training Programme
- 2009 – Shortlisted for a Royal Philharmonic Society Music Award
- 2009 – Launching our Sensory Programme
- 2019 – Shortlisted for a National Diversity Award






Although the name has changed over the years, Accessible Arts and Media has been working in York since 1982. Their achievements have been noticed much further afield however. In 1996 they were awarded a significant Lottery Grant to enable them to set up quality recording facilities. Then in 2009 they were nominated for a Royal Philharmonic Society Music Award, followed in 2019 with a nomination for a National Diversity Award. Although they did not win either of these competitions, their national profile was significantly enhanced.

The work of Accessible Arts and Media is, by its very nature, face-to-face and hands-on. Covid brought most of that to an end. Undaunted however, they immediately set up sophisticated on-line programmes using social media to enable live sessions as well as pre-recorded packages. These have received large numbers of viewings. Imaginatively 1:1 singing lessons were arranged over the telephone for those who were unable to access the on-line facilities and, once safe social distancing could be achieved, some face-to-face sessions took place in people's gardens.

COVID-19 – How we've adapted

- We delivered the first of our online sessions the second week of lockdown
- 43 Facebook Live sessions
- 48 pre-recorded video sessions
- All released via social media and uploaded to our YouTube channel
- 17,000 views to date



Going forward, Kirsty acknowledged the difficulties of getting back to their previous working model, explain that a system of dual delivery is likely to be required for some time.



This was an inspiring talk and York Rotary is fortunate in having Kirsty as a 'Friend'. Accessible Arts and Media is a prime example of how Rotary in York can build and develop its 'outward focus' to assist with the excellent work being undertaken.





York Rotary News

York Rotary Nov 24, 2020

Map Action at work

For several years we - alongside many other Rotary Clubs in the UK - have been supporting the work of Map Action, a charity based in the UK that provide emergency mapping and support services around the globe when disasters strike. The work of their volunteers sent to disaster areas is crucial in pin-pointing the areas of most need, and the situation on the ground for emergency workers.

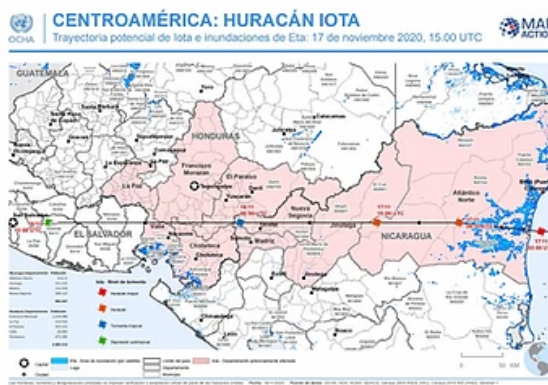
York Rotary recently raised a further £500 for their work, through a new "COVID-friendly" version of our annual charity walk.

The response from Map Action is shown below, together with recent examples of their work in the devastated areas of Central America following recent hurricanes Eta and Iota..

*"Dear Nigel,
I was delighted to hear from our office team of your recent donation.
Thank you very much indeed.*

I thought you and your fellow Rotarians would be interested to know what your contribution is assisting with at present, so please find attached details of our current response.

Warm regards, Nigel.





York Rotary

[Home](#) [Members](#) [About Us](#) [Our projects & causes](#) [Diary](#) [News](#) [Centenary](#) [Dragon Boat 2021](#) [Friends](#) [Contact](#)

Rotary members support mapping response to Central American Hurricanes

Less than a fortnight after the devastation of Hurricane Eta, which killed at least 178 people, countries in Central America are now facing a new humanitarian disaster as Hurricane Iota makes its way across Nicaragua, Honduras and El Salvador.

With catastrophic winds of up to 250km/hr and torrential rain falling on already saturated land increasing the risks of flooding, landslides or even dam bursts, it's a race against time to get those affected the help they need.

At least nine people, including several children, are so far known to have been killed by Hurricane Iota, while numerous more are still missing.

With support from Rotarians around the UK, humanitarian mapping charity MapAction was standing ready to respond and has been able to provide response coordinators with vital maps showing the extent and impact of the hurricane to ensure support is provided where it is needed most.

Working with The United Nations Office for the Coordination of Humanitarian Affairs (OCHA), the MapAction team was formally called upon to provide remote support with a team of five volunteers providing cover around the clock since 6th November.

The work represents a scaling-up of the support that has been in place since September to prepare for the Hurricane season. This year also has the dubious honour of being one of the longest and worst Atlantic hurricane seasons in history.

On the ground teams were already facing challenges as a result of the damage caused by Eta, and with Iota severely degrading logistic routes and complicating the information picture, the maps are helping teams on the ground direct resources where they're needed most, as safely as possible.

Around 70 maps have already been created by MapAction to support the work of OCHA's regional team and other aid organisations. This includes mapping actual and predicted storm paths, flood extents and areas at risk of further flooding, dam bursts or landslides, building damage, affected and in-danger populations and information about the assistance that humanitarian teams are already providing in different locations to help identify where there are any gaps in the response so they can be addressed.

Longer term, the maps will also support planning and implementation during the recovery process.

With further flooding and devastation predicted, it's likely that the humanitarian response will be prolonged and complex and MapAction is hugely grateful to Rotary members for their continued support.

Jo Pratt, media co-ordination officer, MapAction. jp Pratt@mapaction.org



York Rotary News

York Rotary Dec 2, 2020

Future-proofing Rotary

On **November 27th** we were joined in our Zoom meeting by the President of Rotary GBI Tom Griffin, who spoke to us about the future challenges facing Rotary.



President Kevin reports..

Tom shared some of his thoughts for Rotary's future with us, challenging us to spread the word and ensure that York Rotary is around for another 100 years to serve humanitarian needs in communities locally, nationally and internationally.

Tom told us that when he joined Rotary in 1984 he enjoyed the opportunities he was presented with to give back to society; of making a new circle of friends and acquaintances in many countries around the world; of friends he hasn't met yet but who share the same ethos; of being afforded many opportunities to travel the world with a support network to hand. He told us he has (and still does) enjoyed making a difference to the lives of ordinary people locally, nationally and internationally. He recounted his 'Rotary moment' as being when a Romanian Rotarian, a paediatrician on a sponsored exchange, told a group of Rotarians how her visit to the UK to learn new paediatric techniques had changed her life. What is your own Rotary moment?



York Rotary

Tom reminded us that young people want to be active in their communities but perhaps see the frequency of meetings, the cost, the age of our membership and 'quaint' meeting formats as barriers to their involvement. Tom suggested that whilst the traditional model may not appeal to younger people it has its place with some of the current membership but we need to be brave enough to create new models rather than try to fit younger people into old ones. Tom suggested that we cannot expect the world to look the same



post-Covid and must ask ourselves 'are we attractive to the next generation?', reminding us that membership losses are currently more severe than at any other time in Rotary's history. Tom encouraged us to look at our club and ask ourselves, 'do we represent the future of Rotary in our community?' He praised our fundraising record but commented (more generally) that fundraising alone is not attractive to younger generations, they want to participate in service projects. He challenged us to take our message out to local businesses and individuals; he reminded us that at the macro level the future of Rotary is in our hands.

In our Centenary year we are asking ourselves questions as part of the visioning exercise. Are we attractive to the next generation? How do we remain relevant, vibrant, active and attractive to future generations? Rotary is a gift but it needs to be given. The future of York Rotary is in our hands.



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News from Brunswick Nursery

Celebrating our Inaugural meeting - 100 years on

A shift in the life of a volunteer at Askham Bar...



York Rotary News

York Rotary Dec 13, 2020

Getting Young People into work



Eileen reports... At our Zoom meeting on [December 4th](#) we heard from Wendy Mangan. Wendy is the School & Employer Adviser and Retail, Construction & Lead Apprenticeship Leader in the Work and Health Directorate of the Department for Work and Pensions in York (whew!) In summary, she is a School and Employer Adviser covering the York and Ryedale areas.

Wendy's role has a focus on 16-24 year olds who are beginning their work life at a very difficult time; virtual sessions have replaced visiting the Job Centre Plus in Monkgate and she is in regular touch with employers. A "new normal" will emerge from the changing situation.

Wendy spoke about several recent developments which have been put in place by the Government to help young people in these difficult times.



work experience placements for 16-24 year olds. The employer is paid £1,500 for start-up costs and then the relevant National Minimum Wage and any National Insurance or Pension contributions for 25 hours per week of work; the only cost incurred by the employers is if they choose to increase the

wage or hours beyond these amounts. Large employers bid to take on 30 young people - LNER has created 19 Kickstart roles. Kickstart will end in December 2021 and the last placement will be in Summer 2022.

TRAINEESHIPS, including work experience placements are arranged for periods from 6 weeks to 12 months. Much liaison is carried out between DWP staff and employers / providers so that the experience is tailored to the needs of the job-seeker and employer. Placements often lead to job offers as there is, in effect, "try before you buy".

MENTORING CIRCLES. These are employer-led sessions designed to build confidence and self-help strategies for job-seekers. Job-seekers are taken through 3 sessions which cover all aspects of applications. Sheila Weatherburn and Eileen Davis have learned about Mentoring Circles and attended several online sessions with big employers, with a view to running one for DWP.

TRAINING PROGRAMMES. The DWP provides help and support for all ages and all sectors. Training programmes are accredited by matching courses to job-seekers and respecting what employers want; certification is provided on completion.



YOUTH HUB. Those who have been unemployed for 13 weeks or more can use the Hub which is set up away from the Job Centre. They drop in for IT access, expert help and support in a more informal setting.

At the conclusion of her talk, Wendy took a large number of questions, which demonstrated just how interesting and informative her talk had been. Virtual interviews have become the norm but DWP staff are finding that they have to remind a few jobseekers of the appropriate situation and outfits - the case of the young man being interviewed in his car whilst he awaited and then took an Amazon delivery was apocryphal.



York Rotary News

York Rotary Dec 14, 2020

Christmas Hose..hose..hose..



Led by John & Linda Lacy, York Rotary and Inner Wheel members family and friends have once again donated large quantities of socks many of them brand new for CARECENT at the Methodist Church, St. Saviourgate, York.

Nicky the manager spoke to the club in 2018 explaining that CARECENT is a breakfast club open six mornings a week for the homeless, unemployed, disadvantaged and lonely members of our community. At this time of year having a hot breakfast, putting on a clean pair of socks and access to toiletries/hot water is so comforting.

President Kevin and John & Linda Lacy are pictured with the 500 pairs of socks which were delivered to a very appreciative breakfast club on 14th December.

This may be only a small gesture but shows we care .



York Rotary News

York Rotary Dec 16, 2020

Preparing students for interviews

Updated: Dec 21, 2020



stock photo (not from our Mock Interviews)

Eileen writes...

For some years, York Rotary Youth Services Team has offered late Autumn mock interviews for university applicants and take-up has been steadily growing. However, this year we made a real push to get our offer noticed in more schools - and we succeeded! For 3 weeks from **23rd November**, we held **68 mock interviews** via Zoom with students from **7 schools**.

Most had applied for Medicine, Veterinary Medicine or Oxbridge as these tend to be the only subjects / universities requiring interviews nowadays.

Whilst Rotary School Ambassadors were involved in distributing our 2020-21 programme flier to their school contacts, Wendy Mangan of DWP also added the flier to one of her mailings and drew attention to our mock interview offer. This provoked a flurry of requests from All Saints, Archbishop Holgates, Huntington, Joseph Rowntree, The Mount, Tadcaster Grammar and York College.



As we could not go into schools this year, all mock interviews were on Zoom; the real ones were/will be online too. Secretary Mike kindly made the York Rotary account available to us so that we could hold 4 x 30-minute interviews (maximum) per session.



After a short training session on hosting Zoom meetings, Paul Harvey, Mary Lumley, Mike himself and I were ready to lead each session - any glitches with the Club Zoom in mid December were probably as a result of several different people taking it over!

The Mock Interview Team comprised 14 York Rotarians and Student Erin. I tried to match professions and subject specialisms so that students could be sufficiently challenged. Rotarians deserve much credit for making themselves available, holding the interviews and then sending detailed feedback to each student. We could not have honoured our offer without them.



Eileen





York Rotary News

York Rotary Dec 19, 2020

Christmas Safari Supper



Safari Suppers have been a regular feature of York Rotary social events for many years, so why would we let the COVID interruption get in the way?



Paul and Pat Harvey

Paul Harvey suggested we hold a “virtual” Safari Supper and with all the advantages of no driving (so free-flowing drink) and no dark nights to contend with, no getting lost in country lanes finding the right location, members soon took to the idea.

Christened the **Christmas Safari Supper**, the event took place over Zoom on **December 15th** with over 50 members, partners and Friends of York Rotary taking part. The “first course” (drinks accompanied by the food - some simple, some elegant with table ware and decoration fully on display - all cooked by the participants of course) was in groups of “Safarians” in rooms names after Safari Parks such as Masai Mara. Conversation flowed with ease and there were four “Xmas Food” themed quiz questions to focus attention when there was any lull.



Brought back into the main room for the quiz answers, more banter and some “re-organising” by the technical controller (!) Brian, new groups formed for the second course -- this time in rooms named after famous Reindeer and a second round of questions.

Just as everyone was getting used to the idea of a quiet, simple collective meal with friends, suddenly this was interrupted by the appearance of Santa, who arrived in each room in turn, in a dress code that would shock many in its unpreparedness, who appeared somewhat grumpy at the COVID restrictions that had been placed upon him, and bemoaning the lack of professionalism amongst his three “elves” who were the only ones remaining in his employment after the rest were furloughed. But bearing a gift or two, more quiz questions and some questionable banter, he wished everyone a happy (ish) Christmas!



Once the eating was done and everyone congregated again in the main room, President Kevin threw off his Santa persona and spoke about how York Rotary had rallied to the new normal during the pandemic and had been determined to enjoy ourselves as well despite the challenges. This evening was a great example of how fun could be had despite “distancing”.



Mary and Sheila

Our thanks go to Paul, who developed the idea and together with Brian and also Steve Burton, produced a very innovative and enjoyable evening.



York Rotary News

York Rotary Dec 20, 2020

Santa Fun Run



"Santa" and his apprentices at Knavesmire

Diana Naish reports.....

Fun-Running Santas were spotted all over York during the weekend of **12th and 13th December** as members of the community came together to raise vital funds for three organisations – **York Rotary Charity, The Wilberforce Trust and The British Heart Foundation**. Despite the mud and rain, Santa Bells were ringing across The Knavesmire, cars tooted and spectators and runners alike really did have fun.

The three Charities worked jointly in promoting this event. Their highly effective press releases have resulted in an article in The Yorkshire Times, 2 articles in The Press and my being on BBC Radio York twice. Social media also played a large part in our joint promotions and I joined over 28 local community Facebook groups and posted weekly over the month leading up to the race and then every other day during the final week.



Reminders: All of these efforts resulted in us having 128 entries to the Race which included supporters of The Wilberforce Trust, The British Heart Foundation, members of the public, Friends of York Rotary and 12 Rotarians.

SANTA FUN RUN
WITH A DIFFERENCE
12TH & 13TH DECEMBER 2020

CHOOSE YOUR OWN ROUTE AND LENGTH
on your own or in socially distanced groups
10k Run 5k Dash
2k Fun Run

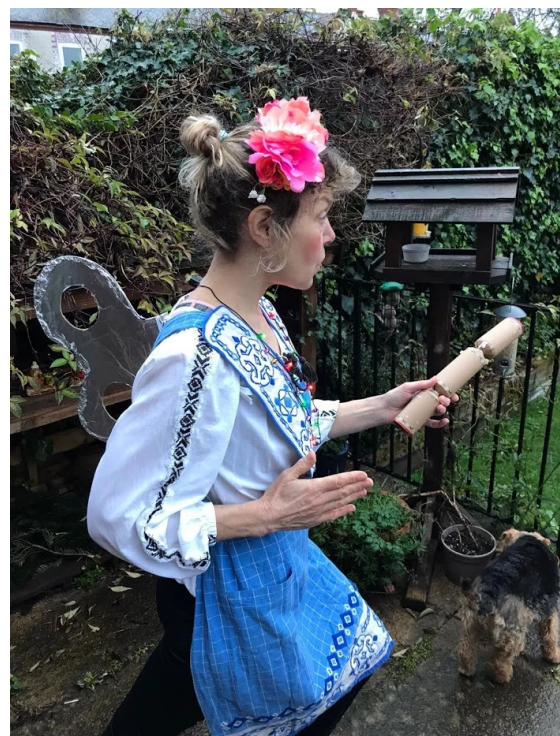
PRIZES FOR BEST SEASONAL OUTFITS
for adults, children and dogs

Register / Donate / details : www.racebest.com/races/yorksanta
or contact Diana Naish on 01904 709767
santafunrun@yorkrotary.co.uk

Event organised by Rotary Club of York Reg Charity No. 1025046
All proceeds will go equally to Wilberforce Trust, BHF and York Rotary charities



I am now delighted to announce the winners of the "Best Dressed" competition: Fiona Coward (*pictured left*) was the "Adult" winner and has been sent a voucher for Afternoon Tea for Two at Middlethorpe Hall; Lewis and Austin Hayler were the joint "Child" winners, receiving a voucher for a Family of Four at Point Zero Trampoline Park and Vicky Hearson's dog receives a Doggy Hamper. A huge thank you to the businesses donating such generous prizes.



A runner from GoodGym



consisting of "Santa and his Apprentices".

Poppleton Junior Under 11s dribbled a ball around their football pitch and donated their pocket money.

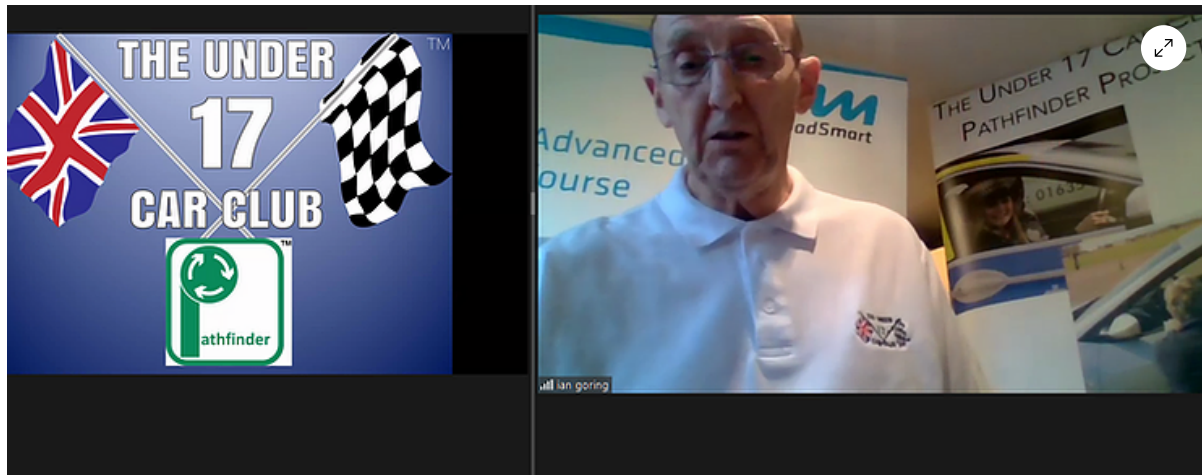
Entry to the race was through the dedicated racing website *Racebest* which, on the whole, worked quite well although, as we were not charging a fixed fee but inviting donations (in order to attract Gift Aid) it confused one or two people. Including Gift Aid we have raised **over £2,050** which will be divided equally between the three charities.



York Rotary News

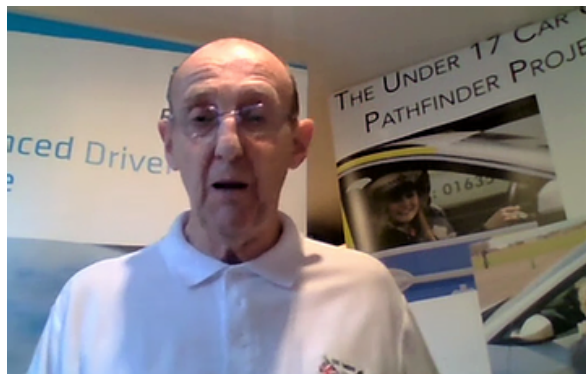
York Rotary Dec 21, 2020

Safer Young Drivers



David McAuley reports... Our last speaker of 2020 ([December 18th](#)) was Ian Goring from the U17 Car Club 'Pathfinder Initiative', who gave an enthusiastic talk about teaching young adults aged between 15-17 years of age how to drive a car during an intensive 5 day course. We are fortunate that the courses in the North East of England are held in Yorkshire 4 times a year at two alternative venues, the old airfield at Driffild and the Tockwith Motor Sports Centre.

The courses do not just teach the students how to drive, they also teach them life skills in road safety and the critical factors in road collisions: fatigue; speed; drink/drug driving; poor concentration; driver distractions (electronic devices within the vehicle and passenger peer pressure). Learners also learn about the essential POWDERY daily/weekly checks to be carried out on the vehicle.



As well learning driving skills the students also undertake a daily online Highway Code assessment, which progressively gets harder each day. As well as learning how to drive smoothly through the gears and steering skills, students also learn reversing skills (left and right hand reverse parking into bays, reversing 100-200 metres zig-zagging between cones at various distances and reverse parallel parking).



p.s. However, the Police and Crime Commissioner (PCC) and Chief Constable of North Yorkshire Police (neither of whom have attended the courses), have declined to give funding owing to low death numbers on North Yorkshire roads (2018 = 361, 2019 = 335). As Tockwith is just in N/Yorkshire, Ian is in talks with West Yorkshire Police PCC and Chief Constable in the hope of securing funding.



Photo taken from the video shown by Ian

Ian also showed a video outlining some of the activities undertaken, the video included testimonials from the Gloucestershire and West Mercia PCCs, students and their parents.



Recent Posts

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York Rotary News

York Rotary Jan 1

"Rotary Police" - memories from 30 years ago!

As part of our Christmas Zoom meeting on [December 18th](#), a video was shown, that had been "dug up" from the archives, of a York Rotary Presidents Dinner celebration in May 1991 that featured a post-dinner song and dance cabaret routine loosely based on the famous Gilbert and Sullivan song "A Policeman's Lot" cleverly adapted to reflect a "Rotary President's Lot"... by John Russell. Other current members who were featured were Brian Houghton and Barry Campbell.

The cabaret played on the then President Patrick White's position, prior to his retirement, of Deputy Chief Constable of North Yorkshire.

The organisers included Patrick's brother and fellow Rotarian John White – a professional actor – who was the choreographer and martinet as he drilled and re-drilled the participants endlessly.

Thanks to Graham Wilford who supplied this information - and more in *Rotagraph*- from our archives; and to Graham Todd who apparently took the video!



ROTAPHOTOGRAPH



Issued by the ROTARY CLUB OF YORK



AT THE POLICEMAN'S BALL

Over one hundred and fifty rotarians, their ladies, the Civic Party, representatives from other clubs, the District Governor and his Lady, and friends joined President Patrick and Ruth for the 70th Anniversary celebrations.

Among our guests were the President-elect of the Rotary Club of Erlangen with his lady supported by two more couples, and a special envoy from the Rotary Club of Gorinchem and his lady. Some were attired in 1920's dress, some just wore their normal evening attire which was the same thing in fact.

The cabaret was provided by a group of itinerant policemen and one policewoman with big boobs, brown hair, boots and a broken nose, God bless Her.

B. H

THERE WAS A CHORUS OR TWO

Here is an unexpurgated snatch from one of the cabaret ditties ingeniously adapted from W.S. Gilbert by John Russell, Rotary's answer to Mike Harding, normally sans moustache.

Sung to the tune of When a felon's not engaged in his employment (The Pirates of Penzance).

Ode to P.W.?

When a copper's now retired from his employment
And looking round for something good to do
His ability for innocent enjoyment,
In York Rotary just cannot be true

With his long orations yes we've been put on
From subjects humanitarian to the Arts
It tickles him right to his tummy button
Whilst playing on his Naval counterparts

While sitting at top table might be tougher
He likes to ring the Rotary meeting bell
Ah!, take one consideration with anuffer
A President's life is absolutely hell

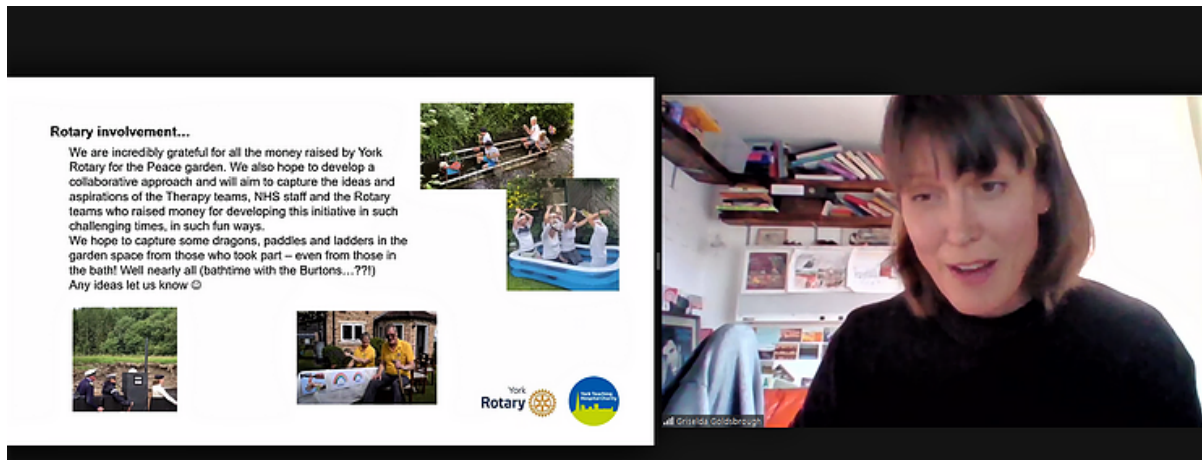


York Rotary News

York Rotary Jan 10

York Rotary Peace Garden - an update

Updated: Jan 11



Eileen reports...

Griselda Goldsbrough is the Art & Design Development Manager at **York Teaching Hospital NHS Foundation Trust**. She has worked closely with York Rotary to use the funds generated by the Virtual Dragon Boat Challenge in 2020. She joined our meeting on **Friday 8th January** to update us on the progress of the Peace Garden which will be developed using our donation.

How we do it: Two arts programmes from the 5 ways to wellbeing supported and funded by York Teaching Hospital Charity and external funders.

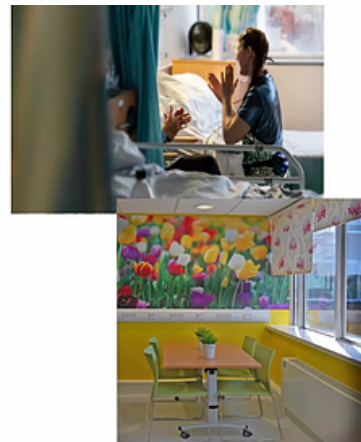
Connect

creative arts / music / dance / writing / drama / photography
 Providing creative projects based on patient, staff and visitor need, promoting recovery, staff wellbeing and a high-quality visitor experience.

Take Notice

exhibitions / installations / displays / gardens / capital projects
 Improving the working environment of our hospitals for staff and creating spaces to support the healing process for visitors and patients, through the addition of quality art and integrated design.

Special funded projects: One of the highlights of the year was York Rotary's Virtual Dragon Boat Race, which raised over £20,000 to fund the peace garden at York Hospital. Participants create their own vessels to paddle 250m in the most creative way they could to raise money to support York Hospital. There were many weird and wonderful entries to the event, which really boosted spirits as well as an incredible amount of money to support the garden.





Where?

Peace garden overview

- Ongoing garden scheme to support staff, patients and visitors – application process identifies wellbeing needs
- One of the areas selected is just off Junc 5, behind the Chapel
- Requirements will be identified by staff and patients
- Chaplaincy have already identified the need for a relaxing, calming 'peace garden'
- A labyrinth has been suggested to help staff and visitors take a moment of reflection in the space – could the 'dragon' image be utilised here from the Rotary?
- Sue Symington, Chair of York Teaching Hospital NHS Foundation Trust, is photographed planting the first tree in the garden, to mark the start of reflection week – marking time since Covid-19 started in York



The Rotary Peace Garden will be created in a quadrangle just off Junction 5, near the Chaplaincy. It will be accessible, focussed on the senses and have multi-level features including oxygen ports for patients, a labyrinth (which will house a dragon feature), lighting features, shelter and varied seating.

Staff groups from Estates, Sustainability, Patient Experience and others have been asked for ideas which add to the concept. Local firm PWP Design Ltd., is currently working up a design which should include links to the Virtual Dragon Boat teams such as paddles, ladders and a dragon's head - but not, we were assured, the Burton Bathtime!



Once the design is signed off, the builders identified and Covid restrictions lifted, there will be opportunities for us to visit and volunteer in the making of the Rotary Garden. It should provide a community-wide facility which can be enjoyed by patients, staff and visitors. Griselda would welcome any ideas from Rotarians; get in touch via griselda.goldsbrough@york.nhs.uk

Several questions related to the nature and benefits of Arts in healthcare. Activities are flexible and planned with careful attention to patient requests and needs as well as staff suggestions. Music, painting, drama and other media are carefully targeted to different wards as well as the corridors and social spaces. Impacts can be small and incremental as well as dramatic and profound.



York Rotary News

The Webmaster Jan 14

The £1000 Big Quiz!

Updated: Jan 16

Sheila and Mary report...

January 7th saw our second Virtual Big Quiz night – this time in aid of **Hope and Aid** whose strapline is **“We Take Aid not Sides”** The organisation is a 100% volunteer-led UK based humanitarian charity (nobody takes a salary) operating mainly in mainland Europe specifically, at the moment supporting in the migrant crisis in Greece where in excess of 60,000 refugees are stranded.

We were both delighted at the interest shown in the Quiz night and we had twice as many participants as our first Virtual Quiz night. On the night we had 51 screens on Zoom with over 90 people taking part. We were delighted to see many old and new friends. Our regular Rotary Quiz goes alongside FOYR, our consistent loyal friends and neighbours, plus Rotarians from Barnard Castle and Barnsley and a new International contingent from Hermanus in South Africa and Erlangen in Germany. Also joining us were Marie Curie volunteers again and last but not least Charles Storer, the Head of Operations for Hope and Aid together with 20 Hope and Aid supporters.....the Wonders of Zoom!!!!!!

Charles took a few moments to tell us a little about the Charity and showed us 3 very moving photographs...

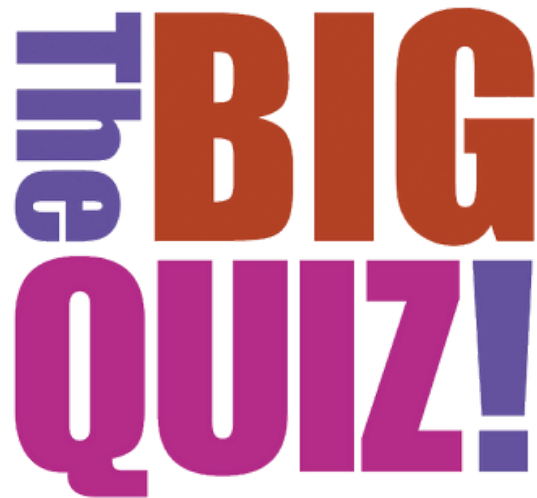




Photo 1 "you are all probably familiar with this sight but what happens after this?"



Photo 2 "a whole family lived in this tent"



Photo 3 "this speaks for itself"

He then went on to say what they were hoping to raise funds to continue their work and aimed to raise some £25k to enable this.

We then got stuck into the Quiz..... ably assisted by our resident Techie Mike Hay. We had 6 rounds of stimulating and varied topics (well we would say that wouldn't we!!!!) and kept the popular format of Chat Rooms between each round to enable sharing of views/ answers if participants so wished. A new idea for us, was the introduction of using a 'Wild Card' when participants could choose 1 topic from the 5 on offer for a chance of doubling their score - the theory being that you chose the topic you thought you would do best at - in some cases this was a great success and others not quite so 😊 😞 😊 !!!

The maximum score was 80 and we are delighted to say that a volunteer with Hope and Aid participating with her husband, scored a massive 72 points and is now the proud winner of Mary's Granny's Virtual Rose Bowl.

TAKING AID - NOT SIDES

York
Rotary





Registered UK Charity Number 1077146
www.hopeandaiddirect.org.uk

York Rotary & Hope and Aid Direct - Helping Refugees

We are delighted to say that **we raised the massive sum of £1,060** which included a very generous donation from the Rotary Club of Erlangen of £350 and some kind donations from club members (thank you). With appropriate Gift Aid added, we should be able to send £1107 to a very happy Charles at Hope and Aid to kickstart his latest fundraising target.

UPDATE Charles has just been informed of what was raised and is absolutely delighted and asks that we send you all a HUGE THANK YOU.

[Ed: And a big THANKS to Mary and Sheila for organising and running such a great, and successful, evening!]



York Rotary News

The Webmaster Jan 16

How KYRA is coping



Keith reports...

On **January 15th** our speaker was Rosemary Cook CBE, Interim CEO of KYRA.

Rosemary took the helm at KYRA in September and it was an opportunity for us to hear how the organisation has been coping in the present emergency.



She comes from an impressive background covering 15 years in the charitable sector after starting out in the Department of Health. Rosemary served as CEO of the Queen’s Nursing Trust and the Institute of Physics and Engineering in Medicine. Having only taken over in September 2020, Rosemary showed how quickly she had settled in to the post and emphasised how she was appreciating the direct contact with the members rather than the indirect

approach in her previous organisations.



KYRA is an organisation for women run by women devoted to providing an holistic, but nonmedical, approach to empowering women to be able to participate in a full life in the community. It works with women in York and the surrounding area and Rosemary told us that the work had extended recently to include the surrounding villages where isolation could have caused situations to

deteriorate for some.



through art, work, writing and singing, all designed to help the building of confidence.

• We offer a pathway to other helping organisations in York and routes back to engaging in community life

www.kyra.org.uk

How we help

<p>Reducing isolation</p> <ul style="list-style-type: none"> • Drop-ins • Phone calls • Craft group • Spanish • Walking group • Cookery 	<p>Addressing specific issues</p> <ul style="list-style-type: none"> • Recovery from domestic abuse • Self-esteem • Counselling • Money advice • Legal advice • Bereavement and loss
<p>Expressing/exploring feelings</p> <ul style="list-style-type: none"> • Singing • Poetry • Art • Drama • Therapeutic writing • Mindfulness • Meditation 	<p>Building confidence</p> <ul style="list-style-type: none"> • Coaching • Preparation for employment • Assertiveness • Mentoring • Yoga • Self-defence • Young women's group

It was salutary to learn the KYRA has 1400 women on the database and each week works with over 350 members. The organisation does concentrate on the holistic approach and where relevant and helpful does work with charities where more specific support can be given.

The Covid Capsule Project

- Members wrote poems and notes about lockdown and its impact on them
- Collection to be published
- THANK YOU to York Rotary for funding this publication!
- Due out by International Women's Day 8 March 2021



www.kyra.org.uk

York Rotary has supported KYRA in several ways since its founding seven years ago and recently we were able to support in the publication of a book of poems and writings by their members. Members are encouraged to express their feelings in writings and poems and KYRA wanted to publish their work as a real confidence boost for them and to help others in turn.

It was good to learn that the organisation has thrived throughout the pandemic by use of zoom or phone contact, sometimes supplying equipment to enable this to happen, but also concerning to hear how necessary support organisations like KYRA are in our times.





York Rotary News

York Rotary Jan 29

Help for disadvantaged schoolchildren



Eileen reports...

Thank you to York Rotary!

The third lockdown generated by the Covid-19 pandemic prompted the York Rotary Youth Service Team to ask Ambassadors to contact their secondary school links to identify any ensuing problems.

An urgent need was identified for Chromebooks to support home learning for disadvantaged students. A Tri-Club initiative was born.....

[Rotary in York : Tri-Club Initiative for Computers in Schools.](#)

John Niklaus of York Ainsty and Leighton Davies of York Vikings agreed to come on board with the York Rotary Youth Services Team who had already agreed to fund some devices for York High School - and had already done so in a previous lockdown.

All Ambassadors contacted their schools and some reported that they were coping. However, 6 came back with requests of varying degrees of need. For the sake of ease, each Club took responsibility for funding 2 schools : for us it was York High and Fulford School.

Tri-Clubs funds were pooled. Very aware of the scale of need, I was relieved when York Rotary Council agreed that the January "Donate a Lunch" funds should be allocated to the initiative. Generous donations came in and we have, to date, the healthy sum of over £3,200 raised.



Purchasing will be done by the schools, so that specifications match their own requirements and specialist bulk purchasing can be applied.



The 6 York schools have already received funds for a total of 32 Chromebooks with a cost of about £8k. They are:-

YORK	Mary Lumley	York High School
	Paul Roberts	Fulford School
AINSTY	Christine True	Vale of York Academy
	Martin Simpson	Huntington School
VIKINGS	John Lacy	The Danesgate Community
	Vic Brookes	York College

We have completed what might be termed as Phase 1; further needs may emerge as word gets out.



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York Rotary

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York Rotary News

York Rotary Feb 1

The Christmas Toys Challenge

Updated: Feb 7

Andrew Dunkinson

gives a summary of his talk on [January 29th...](#)

The run up to Christmas for us is extremely busy with the usual Advent Church programme and our usual Christmas Community programme which includes the Christmas Toy and Food Appeal and our Christmas Day lunch for people who would otherwise be on their own. I've been asked today to talk about the Christmas Toy & Food Appeal which the Club have so generously supported over recent years and I'll do so using the heading of Christmas Covid Challenges.



Christmas – Covid Challenges

2019 Launch



In past years we've borrowed temporary storage facilities - 2019 began renting a storage unit by Dean's Garden Centre from which to run the appeal. In June I write to Churches and schools for non perishable foodstuffs. In September/October we collect and sort the donated produce, confirm collection points and sponsors. In November we launch the appeal via press releases , and various other methods. Herbert Todd & Sons sponsor the design and printing of 25,000 leaflets (thank you Graham). We order additional bulk food supplies (which normally Rotary have helped to sponsor).

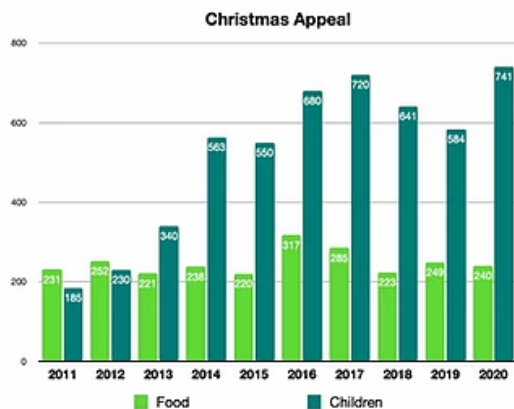


Worldwide pandemic. We might have planned for power cuts or strikes but Covid took everybody by surprise. The swings between lockdowns and tiers threatened our whole campaign. Would there be a lockdown? How would that impact us? What shops, offices, businesses that normally donate or collect toys would be open? Would the public go out and purchase gifts if there was a lockdown? What quarantine requirements would need to be put into place for donated items? When we launched the appeal, would social workers be able/willing to collect and distribute the gifts or food if they were working from home? Instead of the usual 20 schools and churches donating harvest produce, we had 1 school donate. Should I bulk purchase food or gift vouchers for shortages in toys and food? The storage unit and processes would need to be made Covid secure.



25,000 Leaflets

Many social Workers were working from home , so offices to store items weren't available. Initially we ordered £11,000 of vouchers, through SA procurement, to supplement toys and food shortages. Tesco agreed to act as the major collection point through lockdown and they agreed to distribute the printed flyer in their home delivery orders, so we brought forward the launch date and launched the appeal.



As it became obvious that the appeal had struck a cord with the public and that the donation of gifts were forthcoming, I made the decision to reduce the gift voucher order to £6,000. Despite many businesses being closed and so many people affected by the pandemic, the public's response was amazing. Tesco's promotion of the appeal was fantastic. The online appeal smashed the £8,000 target that I'd set, raising an additional 50% over and above. That meant that all the costs of the appeal, including the storage unit

and on costs were paid for in their entirety.

Despite the restrictions, 741 children were referred to us by statutory agencies for toys/gifts and 240 families for supported through additional food. This was the most children we'd ever provided gifts for.

Every Christmas, we brace ourselves not knowing whether enough gifts/toys will be donated to meet the referral demand. Though I didn't lose too much sleep in the run up to the appeal, we were



York Rotary News

York Rotary · Feb 6

A shift in the life of a volunteer at Askham Bar COVID Vaccination Centre

From Mary and Paul...

York got off to a really good start in late December by establishing a Local Vaccination Centre (LVC) in a tent in the old Askham Bar Park and Ride thanks to the foresight of Mike Holmes (Rotarians might remember that he was a lunchtime speaker last year) and Nimbus Health who represent 15 GP Surgeries in and around the city. This 'tent' has been in action almost every day since then although actually being able to offer a vaccination is very dependent on supply of vaccine.

A National Vaccination Centre (NVC) has been up and running alongside the LVC since mid January in two Portakabins to the rear of the LVC 'tent'. On a day when all three centres are fully active they can vaccinate around 2300 people in a 12 hour period!



Mary and Paul on duty

As you can imagine there were a few teething problems at the start but it now runs like a well organised and managed machine. The personnel on site include: GPs, Hospital Doctors, Nurses, Dentists, Pharmacists, members of the Armed Forces, St John's Ambulance, Administrators, Site Management, Cleaners, Traffic Management and last but not least, numerous Volunteers



So what does a Volunteer Shift involve? Originally there were 3 x 4 hr shifts in the day but these then changed to 2 x 6hr shifts a few weeks ago to align volunteers to those being followed by other staff. We (Paul and myself) decided to split these shifts thus doing 3 hrs each because we found six hours standing out in the rain and snow too arduous. However Nimbus Health after realising this is too much to ask of even the most stoic



12.00 Begin the shift at the place assigned to you on the rota. This could be greeting cars as they drive in; directing traffic into a parking lane; greeting people once parked and showing them which vaccination area to walk towards; assisting less mobile people with wheelchairs; reassuring people that they are following the correct entry and exit walking routes; taking temperatures on entry to the vaccination areas; making and delivering hot drinks for all personnel working outside.

16:00 Hand over to the next team

We are outside for the whole shift and in all weathers. All shifts involve a lot of standing in one place so suitable clothing is essential. As an example, today's glamorous attire for Mary was: thermal underwear, 2 Long sleeved tee shirts, 2 pairs of trousers, fleece, 2 coats, 2 hats, scarf, ski gloves, ski socks, boots and of a course that essential facemask and a high-viz on top of it all! But despite all of this, toes and fingers still get cold. It's amazing that anyone recognises us as only our eyes are visible!



We are really enjoying the role and are pleased to be able to support the vaccination programme. It's challenging but very rewarding. The public are so grateful and go away with a spring in their step and a hint that life is going to improve. Some are emotional and some have returned with chocolates, baskets of fruit and even pizzas for everyone! Paul is hoping to become a Clinical Vaccinator soon and all of those stories you read in the press some weeks ago about the wide range of exams the already qualified were having to retake are absolutely true (23).

Whilst not officially volunteering as Rotarians, we are flying the flag. We are meeting other volunteers of all ages and walks of life, some of which could be the Rotarians of the future. The buzz we get from playing a small part in the battle to defeat COVID and return our lives to a new normal is the only reward we need.

Mary Lumley and Paul Harvey



York Rotary News

York Rotary Feb 7

Celebrating our Inaugural meeting - 100 years on

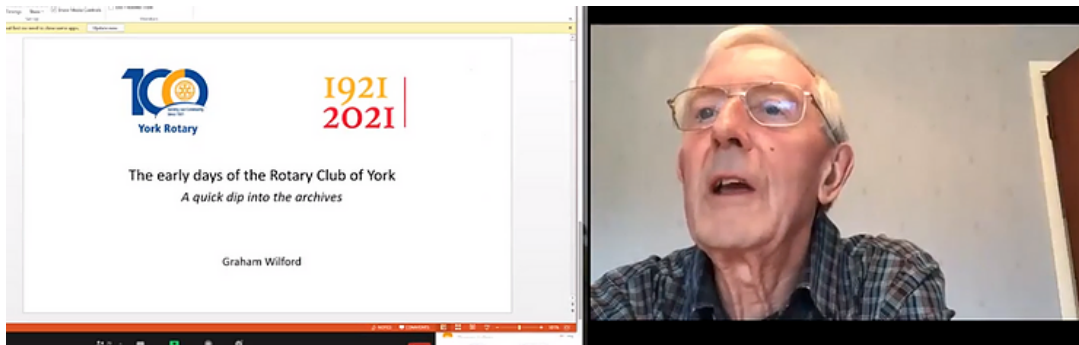
Updated: Feb 8

(part of our year-long Centenary celebrations - see also our Centenary pages [here](#))

It's 100 years since the Inaugural Meeting of the Rotary Club of York on February 4th 1921, and the first part of our zoom meeting on February 5th was devoted to a reflection on our history and our future.



First, Graham Wilford took us through a fascinating tour of archive material covering the formation of the Rotary Club of York and its early development.



This included insights into how the Club was set up, following an initial approach from Rotarians in Leeds, and the inaugural meeting held on February 4th 1921 chaired by the Lord Mayor (and then first Club President) Edward Walker.

RCoY then became the 36th Rotary Club to be established in the UK (and the 1000th worldwide)

He explained that meetings (initially every two weeks) were set for Fridays at 1 pm, one tradition that has hardly altered over the years. Lunch at the Royal Station Hotel then cost 3 shillings – around £7.50 in today's terms. The meeting location moved several times over the following 30 years, to locations including the De Grey Rooms, Terry's and the



*Alderman Edward Walker
De Grey Rooms*

Windmill Hotel, before eventually returning to the Station Hotel.

Graham recalled a number of anecdotes told about the hotel, its staff at the time, and the frequent “food spills” that resulted in multiple dry-cleaning bills! Finally, Graham explained the archaic “vocational classification” system prevalent in the early days of Rotary and the many ingenious ways found to work around the “rules”; and the use of the Benevolent Box as the early forerunner of fundraising for local disadvantaged people that continues in many different ways today.

It was a fascinating delve into the archives. You can download and read Graham’s full presentation from our Centenary web pages



[here](#).

David Jesper was next to recall his memories of Rotary history, in a wonderful poem “what he wrote” about the early days of the Club.

His poem is shown here.





**The Mansion House, one Febru'ry
Back time a hundred years
There met for lunch a motley crew
Well thought of by their peers**

**Lord Mayor was there, to host the do
Two dozen more for food
No doubt cigars and port appeared
To get them in the mood**

**Agenda: question short and clear
Start Rotary Club in York?
Meet twice a month 2 guineas sub
Agreed without much talk**

**Lord Mayor became first President
Club 1000th in the world
36th in RIBI
And banners were unfurled**

**Club rules were set much as today
And membership ballooned
Attracted by the Rot'ry cause
Proactive and attuned**

**Through peace and war the Club survived
And thrived on deeds galore
With Service fun and fellowship
Quite rightly to the fore**

**There isn't time to list good works
Well done through all the years
Home and abroad our helping hands
Appeasing needs and fears**

**From bucket shakes, Charity walks
Dragon Boat bonanzas
And now by C-19 enforced
High Tech extravaganzas**

**No plague can down initiative
Zoom meetings now the norm
Facebook, Twitter and the rest
Our experts ride the storm...**

**...perchance attracting members new
To "dinosaurs", a sign
That evolution forces change
Which we must not decline**

**We pray, ere long, restrictions ease
Normalities resume
With face to face chit chat allowed
Round tables not on Zoom**

**In 1921 those few
Who set us on our way
Would without doubt be very proud
Of what we do today**

**Let's start our 2nd hundred years
With confidence on high
A dedicated membership
With skills to see us fly**

DGSJ 5th February 2021

Peter Fox, one of our oldest yet still active members, then recalled his early days with Rotary, which he initially joined in 1980, introduced by Bill Mann ("a real gentleman"). He reminisced about the convenience of meeting at the Royal Station Hotel, and many friends and members who are still members today, and the "moderate" standard of the food served then. He welcomed the move to Churchill Hotel and more recently the Novotel. Peter fell foul of the "attendance rule" that was in force at that time – and strictly enforced – and, incredibly, was forced to leave Rotary.

He re-joined a few years later in 1999 and enjoyed the friendly atmosphere of what he describes as his "second family". He stressed the need to maintain the fellowship and fun of Rotary as we move forward and change, as we need to, to meet more modern expectations of potential members.





YORK ROTARY CENTENARY PROGRAMME


Comparison of primary events

Event	Current booking	Revised proposal	Comments
Centenary lunch at Mansion House	07 May 2021	03 February 2022	Proposed to move to end of the Centenary year - final date to confirm
Dedication of Sundial project	Jun-21	Aug-21	Will now be deferred, we are now looking at dates later in the summer
President's Centenary lunch (Handover)	02 July 2021	02 July 2021	Subject to easing of restrictions planned to retain same date
Centenary Celebration dinner (Abba concert)	19 November 2021	19 November 2021	Subject to easing of restrictions planned to retain same date



Brian Joscelyne then showed a short video “Our Centenary – Looking Back and Looking Forward” that has been produced, with the assistance of Mike Fieldsend and Eileen Davis (who read the voice-over) which featured video and still clips from 100 years ago followed by a montage of images showing the modern Rotary of 2021, which although very different in style, inclusiveness and informality, still retains the ethos, sense of purpose and fundamental principles that were set in place 100 years ago – in particular the motto “Service above Self”. The video can be seen here...

100 years York Rotary



Our last speaker was Mary Lumley, a relatively new member and soon to take over as President of York Rotary in 2022. Mary talked about “What Rotary means to Me”, illustrated by her “ten F’s” theme. These included Fulfilment, a Feeling of belonging, and Friendship gained from joining 80+ strangers (initially) in Rotary and feeling welcomed.

She then explained how she has gained Further Learning from Rotary, Freedom of Opportunity to join different activities and causes within Rotary; and Finding new skills – even including managing a virtual Quiz Night on Zoom!!

Recent Posts

She also included Fun on her list, reflecting on how important this is in whatever we do. Finally, ...
 ...ure c ... to C

See All



York Rotary News

York Rotary · 6 days ago

News from Brunswick Nursery

Eileen reports...

February is York Rotary's Foundation Month and on **February 5th** we invited Alison Hughes, Director of Brunswick Nursery to bring us up to date about their 2 projects which have been partially funded by District Grants. In 2019-20 we achieved a Grant to assist with new signage to attract more customers and visitors and in 2020-21, with assistance from RCs Ainsty & Vikings, we achieved a 3-Club Grant to pave and cover the area between the shop and service building.

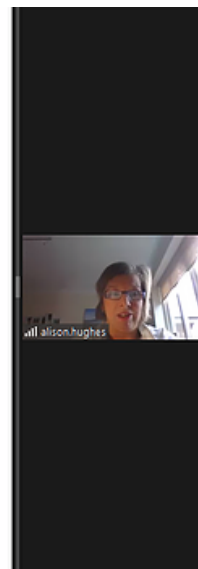


Alison Hughes

Since August 2019 when she took office, Alison has met many fresh challenges, not least those forced on them by the Covid Pandemic. Many of the 68 workers (this number includes the service users), 40 staff and 80+ volunteers have been unable to attend.

Brunswick's reason for being

- To challenge the inequality and exclusion that people with learning difficulties face
- To enable adults with learning difficulties to undertake meaningful work
- To support the development of meaningful relationships
- To provide opportunities to do things that in normal circumstances are 'out of reach' Drama, trips away, holidays, social activities



Brunswick Organic Nursery has its main site in Appleton Road, Bishopthorpe but also works the Walled Garden of the Archbishop of York's Palace in Bishopthorpe and at the CVS Centre in Priory Street. Service users (workers) are identified and funded mainly by local authority Care Management Teams but families can self-refer and fund; after assessment, workers are offered a trial period. So, overall funding comes from the local authority payments for places, but has to be topped up donations, grants and fundraising.



produce to restaurants etc. The second biggest activity is craft, followed by cooking and woodwork.



The new signage is designed to improve the image to passers-by on the road and cycle track. Our first Grant project was for new signage by the road and cycleway entrances; illustrated here is a new but temporary sign as the redesigned ones have been held up by Covid and the planning application.

not yet erected) over the paved area and RCs Ainsty & Vikings agreed to add funding and support the Grant application. The paved area has already housed a much better Christmas Tree sales area which greatly pleased shop staff. Next - a plaque.

Brunswick cannot stand still. Alison talked of being at a crossroads where there is significant need to support those with learning difficulties and enable individuals to take their own steps into the future; there is potential to provide courses for worker education and offer qualifications, but those ideas are on hold at present. Other developments include new products such as equipment to dehydrate herbs and teas.

The rationale is clear; other places may close, so Brunswick is planning to evolve to meet changing expectations.



The second (and Tri-Club) project was to improve a grassy and often muddy space between the shop and buildings. Alison identified that with social-distancing required when workers return (many are very vulnerable) the dining room and kitchen will be inadequate for breaks. We agreed a project to include a large awning (bought but



York Rotary News

York Rotary · Feb 19

Worldwide Rotary support for Beirut

At our meeting on February 19th, a video was shown - an edited version of a presentation made at District 1040 Council a couple of weeks ago - featuring Habib Saba who is President of the Rotary Club of Beirut Cosmopolitan.



Occupying Empires – Antiquity to mid 1500s

- Egyptians (1500BC-1000BC)
- Assyrians (900BC-600 BC)
- Babylonians(600-500BC)
- Persians (500BC-300BC)
- Hellenistic (300BC-60BC)
- Roman (60BC-650AD)
- Islamic Caliphates/ Dynasties (600AD-1500)
- Crusades (1000AD-1300AD)
- Ottomans (1516AD-1918AD)

History - Fertile Crescent – 9000 BC

- Cradle of Western Civilization
- First Settlement of agricultural communities starting as early as 9000BC
- Mesopotamia
- Phoenicia/Canaan
- Egypt

Lebanon's Golden Years - Mid 1950's to Mid 1970's

ME Centre for:

- Banking
- Commerce
- Tourism
- Education
- Healthcare/Hospitals

Habib ran through a very brief history of Lebanon and Beirut - once the crown jewel of the middle east in the 1950-1970 era -

and the increasing intractable problems caused by religious and civil division, civil war, corruption, the huge refugee populations from Syria and Palestine, economic and social meltdown, and most recently the added catastrophe of COVID-19.



the explosion, the biggest non-nuclear explosion the world has seen.

The Rotary Club of Beirut Cosmopolitan immediately responded in a variety of ways, providing humanitarian assistance followed by a series of programmes and fundraisers to give support for repairs and rebuilding. You can see the extent of their work (astonishing for a relatively small Rotary Club) on their website [here](#). (check out their 2019-20 Annual Brochure)

Situation Leading up to Beirut Explosion

17

- ❑ 1975-1990: 15 year civil war
- ❑ 30 Year Political Dysfunction (1990-2020)
 - ❑ Political bickering, clientelism, corruption
 - ❑ Geo-political entanglement
 - Two regional political axes Saudi(Sunni) and Iran(Shiite)
 - Lebanon is a microcosm of the region politically/religiously
 - Dividing politics and allegiances in Lebanon
 - ❑ Still no regular electricity, water, basic services
 - Severe deterioration of basic services in recent years
- ❑ Revolution (“Thawra”) starting 17 October 2019
- ❑ Economic and Financial Meltdown
- ❑ Capital Control – Banking Sector
- ❑ And then COVID-19 from March 2020

Habib explained that they are currently seeking to raise \$400k and get a Global matching Grant from Rotary International, in support of rebuilding part of the Karantina Hospital, the only public hospital in the city which was extensively damaged as it was within 900 metres of the blast.

York Rotary is joining the fundraising appeal (though our Donate a Lunch programme in March) in support of Beirut RC's drive.

You can see the video here... *Click to run; then click the square [] symbol to see it "full screen"*



York Rotary News

York Rotary · Feb 23

Lies and Truths

Updated: Feb 24

It was a novel experience for many – listening to Rotarians telling lies! With a (fake) waiver certificate in hand from RI giving a short “exemption” from the 4-way Test, a “Would a Rotarian Lie to You?” game evening was held on zoom on **February 16th**.

Based (very loosely) on the very popular BBC programme format, seven teams took part (a total of just under 90 people) in trying to deduce whether a story was “the Truth” or “a Lie” after questioning the storyteller.



It was a pleasure to welcome seven members of our sister Club in Erlangen Germany to the event – heaven only knows what they made of it!! – as well as our good friend Desmond from Kingston Jamaica, and Elly Fiorentini (pictured);

as well as Friends of Rotary members and many Rotarian partners.

It was hard to believe that Wilfried from Erlangen (pictured) was telling a “tall story” (he was!) or that Keith Davis had been a nudist in his past (it was true) and Elly’s tale of being wined and dined by a Dragon Boat team after a Challenge event seemed very true to our expectations. (it was a lie).





Rebecca



During a round of "This is My" we had a guest join us (Sam) who was claimed by three of us to be a friend who had been either: administered Polio vaccine in India; administering first aid to a fallen horse rider; or helping rescue a walker while on a hike in South America. (Voting by everyone on this produced almost a three-way tie in terms of which they thought it was) In the end Sam revealed she had been with Rebecca in South America and the rescue story was the true one. She also revealed she had joined the zoom call from San Francisco, making it a truly international evening!

Everyone seemed to enjoy the event – which turned out to be very suitable for Zoom format, with its breakout rooms for teams to “discuss” their choices. With so much positive feedback afterwards, it is now hoped to repeat the game a second time, probably in May.

Any potential liars, please step forward!



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York Rotary News

York Rotary · Feb 24

Life in Gaza

Jan reports...

Our speaker on **February 12th** was Nabila Al Zaeem, currently a Rotary Peace Scholar studying at Bradford University.

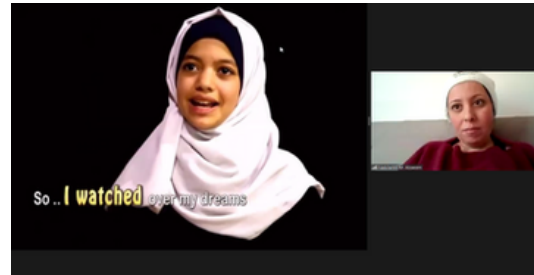
Nabila was born in Gaza, Palestine, where she spent all of her life in a conflict area. The Gaza Strip has been confronted with continued political unrest and conflict over the past decades. Through her work, Nabila participated in several meetings and campaigns calling to promote the access of the Palestinian people to peace. These meetings and campaigns also aimed at raising the awareness of youth and children of their rights, and international laws and agreements.



Nabila's talk to us about her work as a Peace scholar, and in particular how it has been affected by her life in Gaza, and the difficulties they face there every day, made most of us realise just how little we have to complain about our life in lockdown now. She told us that to her lockdown is easy because if we want to go for a walk it is safe, if we need medicine we can obtain it easily, and here she doesn't go to bed at night worrying if she is going to be woken up by rockets going overhead and falling into your home. She told us of how little they have there, and showed us some pictures, here (above) is a home that has been destroyed by our standards, but they still have to live in it because there are no building materials to repair. Most of their homes have been destroyed.

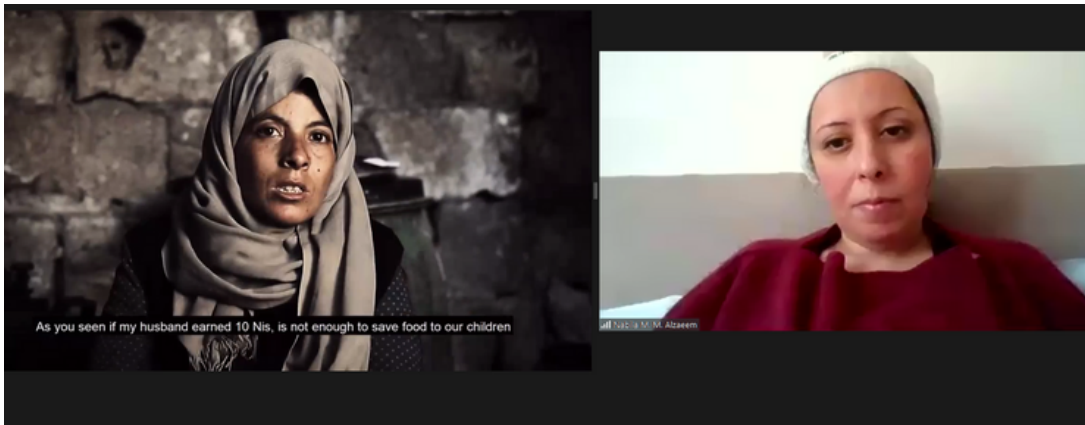


Nabila told us of the difficulties she had leaving Gaza, once her Visa had come through, and how quickly Rotary obtained her flights from Egypt once she had reached there. As Darren Starkey, her host from the Rotary club of Bradford said, she didn't leave Gaza, she escaped from it.



Her aim in coming here was to find out more about Peace, Conflict and Discipline, and how she could help the people in Gaza. There are over 2 million people living in that small piece of land, and they have so much trouble finding resources. Her aim is to help the families living there, with over 100 years of suffering, high unemployment, high suicides, and many basics not available to anyone.

She is planning to start a Rotary club there, to help the people by finding resources for them to fight Covid and find food. Whilst there she dreamt of further education, of living in peace and being able to travel without restriction. She believes she is able to help them a lot more outside Gaza than she can by being inside it.



Nabila told us that the people love peace, they need space to be human beings enjoying their lives. Inside Gaza she is not allowed to speak up, an example she gave was that gyms were only open to men. A few days after she spoke I read in a newspaper that the Hamas controlled Government there has decided that women can only leave Gaza if their male guardian agrees!

We hope to hear more from Nabila some time, and maybe help her in her fight for Peace to the people of Gaza. She told an amazing and at times shocking story.



York Rotary News

York Rotary · Mar 1

Mercy Ships helped by \$1.25m Rotary grant

Roger reports...

On **February 26th** we heard a talk on 'Mercy Ships' given by Dr John Rhodes of the Rotary Club of Bingley.



John and his wife Iris have for many years helped to prompt the work of Mercy Ships. When John retired in 1993 he and Iris spent the first half of their retirement working in 12 areas of the world on a voluntary basis for up to 4 months at a time. For the last 16 years they have been involved with Mercy Ships. At the start of his talk John explained that Mercy Ships were the only source of real health care in West Africa and the Sub Sahara. Why use ships you many ask? Ships can move easily along the African coastline and make use of coastal ports.

Mercy Ships was formed in 1978 by Don Stephenson to help good causes following his own son's medical problems. Mercy Ships is a charity founded on Christian values. There have been four ships involved over the last 40years.

The present ship African Mercy has been in operation since 2007 and due to be join by a new ship, the first ever purpose built hospital ship, Global Mercy.





- 6 Operating rooms
- 102 acute care beds
- 7 ICU/Isolation beds
- Teaching/conference space



It was in 2007 that RIBI became involved in helping raise money to equip Global Mercy. The RIBI was also awarded the largest ever Rotary Global Grant of \$1.25m dollars for the mercy ship project. Statistically 52m people in the world die each year of which 18m people could have been saved by access to routine medical treatment (93% of Sub Sahara people have no access to health care or any money to pay for it.) hence the need for medical services.

Why use a ship? A medically equipped ship in a port offers access to electricity, clean water and a secure environment in which to treat patients. In port a mercy ship offers free treatment to all ethnic and religious groups with patients seen by medical staff before appointments are made for future treatment. On board facilities include well equipped theatres , ITU, radiology, pharmacy, etc.

The Volunteer Crew



1,300 crew annually
50+ different nations

Volunteers pay crew fees and for their travel

Over 200 different jobs, only half are medical

At this appoint John give examples of patient treatments:



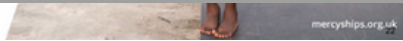
Adama. an ophthalmic patient from Guinea, pregnant and partially blind, who following treatment was able to see her twin babies for the first time in her life.



Maurinho. an orthopaedic patient from Benin, with every bent legs that were straightened after treatment.

In Africa women are the glue of the social network but as many as ½ m to a 1m do suffer from Fistula. Mercy Ships have been able to help 80,000 of these women. In 2018

alone 6,500 patients received dental treatment with 15,000 procedures being performed aboard



Medical Ships wants to develop Medical Engagements Plans through Partnerships with African countries. Starting with Phase 1 Through Collaborative Assessment, Phase 2 Through Ship Deployment and Phase 3 Through Training and Support. This together with three Lasting Impacts. The first is to train local medical professionals. For example in 2021 Guinea had 400 cases of cleft lip. By training a local, Dr Karamba, he brought down cases to just 6 in 2018. Secondly, to offer access to a range of medical tools and equipment. And, thirdly, to develop safe environments for medical facilities, especially operating theatres .

Why is all this treatment possible? It comes about by a dedicated team of volunteers that include medical staff, crew members, administrative staff, security staff , and many more.

More than **2.7 million** direct beneficiaries in 40 years

Over **100,000** free surgical procedures

More than **56 developing** countries served

Over **1,000** volunteers each year from over 50 nations

mercyships.org.uk

Volunteers offer a variety of time from one week , two weeks, two months, four months up to four years of duty. Since 1978 Mercy Ship's Lasting Impact has provided services and materials in developing countries valued at more than £1.2 billion. Statistics to date read: 56 nations visited; 592 ports visited; 105,000+ life- changing surgical procedures; 488,000+ dental procedures; 6,600+ Healthcare professionals trained to train others; 49,000+ Professional trained in expertise and 2,8m lives impacted.

John concluded his talk by mentioning that during the pandemic Mercy Ships have been confined to port, but it has allowed time for maintenance work to be carried. Work on fitting out the new ship Global Mercy should be completed shortly in order the have her in-service by the end of this year.





York Rotary News

York Rotary · Mar 9

Trekking over the Alps

Nigel reports...



On **March 5th** we were treated to a wonderful illustrated talk by Rotarian Horst Lindenbeck from our sister Rotary club of Erlangen, Germany, about his adventure in the summer of 2019. This was the fulfilment of an idea he had been dreaming up for 20 years, but because it would take four weeks, it had to wait until he retired. Most of us would be thinking of a gentle, restful holiday in the sun, but Horst, then aged 64, chose a walk of 560kms from North to South, including ascents totalling 24000 mts, and a similar number of descents.

To ensure he had the blessing of his wife Dagmar, Horst asked his long-time friend Mateus to accompany him. A promise not to tackle a 600mt sheer drop by fixed ropes also ensured that Dagmar would sleep more comfortably at night. For that day they managed to find an alternative route, otherwise they stuck to the official route and, with the help of GPS, they never strayed.



Horst

Setting off from Munich on 6 August they took the first 30kms by bus to avoid the midge ridden flat plain, heading towards the mountains. Passing Germany's highest peak (Zugspitze 2962mts) they crossed into Austria's Inn valley, then up near the BrennaPass which led them in to the most spectacular part of their journey, the Italian Dolomites.



Each day's walk offered a variety of distances along valleys and over passes, staying at Refugios at night, sometimes very high up. These were not 5 star, probably nearer to 1 star, often with basic amenities, varying sizes of sleeping arrangements or dormitories shared with many other walkers – or “snoring bastards” as Horst referred to them.





They had wisely kept their clothing to a minimum, the rucksacks weighing no more than 12kgs, and the most important items of equipment were the two walking poles.

It was quite a challenge, not always fun, but with determination they completed the journey on 3rd September in Venice, feeling an immense sense of satisfaction. Horst said at the beginning of his talk that we would not really experience the immense beauty of the Dolomites from his photos, but I think he underestimated his skill as a photographer.

Would he do it again? Yes, definitely, possibly South to North another time.

Munich - Venice 2019
Long distance walk across & through the Alps
560 km and 48.000 Heightmeters to conquer

An extract of travel-impressions by Horst R. Lindenbeck

Start
Aug. 6th 2019



Finish
Sep. 3rd 2019

His message, for anyone considering a similar challenge: Don't be overwhelmed by emotion or optimism, know your limits and don't over-estimate your abilities.





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York Rotary News

York Rotary · Mar 11

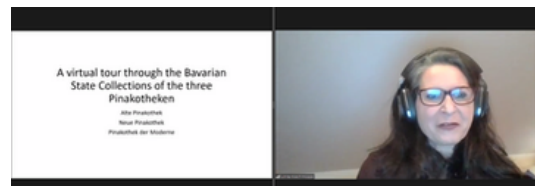
A Virtual Visit to Munich's Museum



In a unique “first” for both Clubs, York Rotary and our partners Erlangen Rotary (Germany) held a joint meeting on zoom to hear a presentation from the curator of Munich’s famous museum complex, Pinakotheken.

The meeting, on **March 10th** was attended by over 60 Rotarians and many partners, with 25 “screens” being taken by York members.

We heard Ulrike Kvech-Hoppe explain the background and organisation of the four museums in the complex, and she then took on a virtual tour of many of the fabulous art pieces that are displayed in the Pinakotheken.



(Click the artwork photos to enlarge)



Italian Renaissance
Leonardo da Vinci, 1473-1478
Madonna with a glove

Madonna of the Carnation



The Battle of Alexander at Issus



Mrs Thomas Hibbert



Landscape with Shepherd and Flock



Monet painting in his studio boat

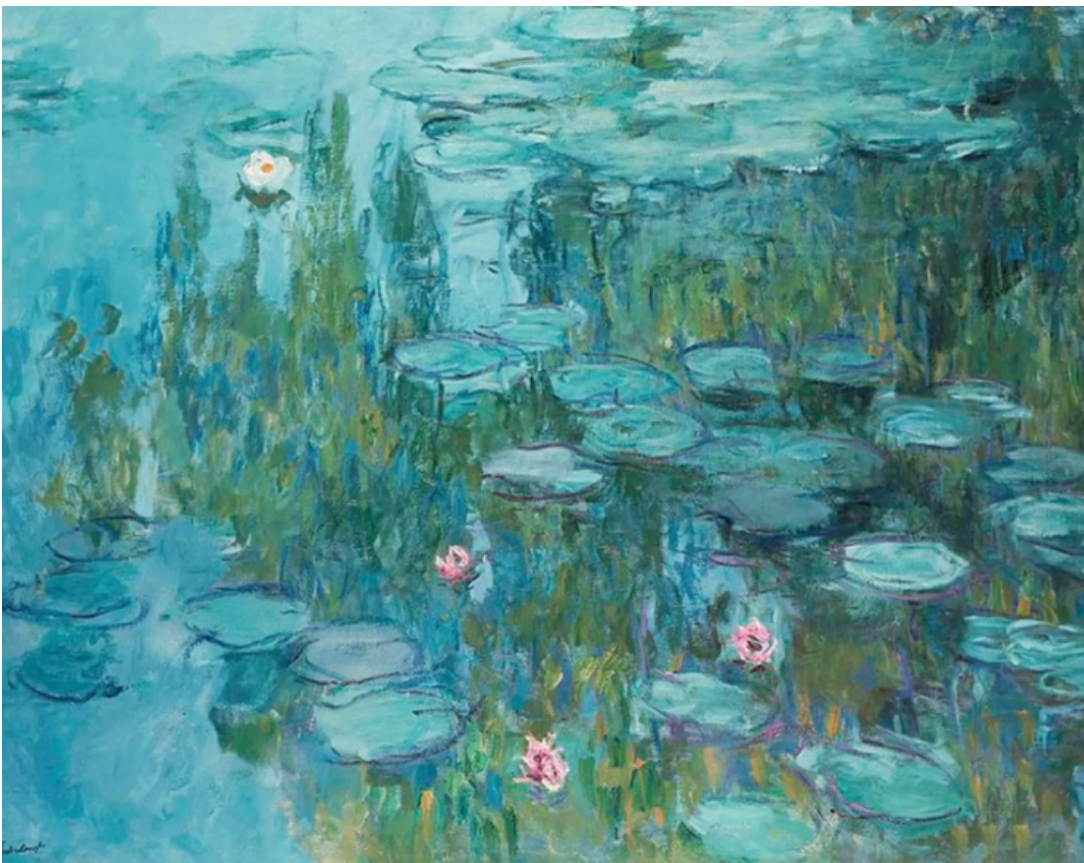
Impressionism

Edouard Manet,
The boat, 1874

Claude Monet, Bridge of
Argenteuil, 1874



The Bridge at Argenteuil



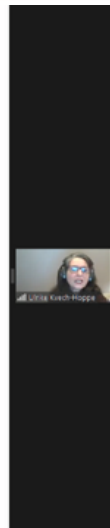
Monet : Les Nymphéas (The Water Lilies)



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And finally, Ulrike showed illustrations of 1943 tapestries by French artist Jean Lurcat, who was based in Aubusson, France.



Jean Lurcat, Aubusson, La Liberté, 1943
Musée Jean Lurcat in Angers and The Apocalypse Tapisserie, Angers

This was a fitting finale, celebrating the home of Aubusson Rotary, with whom we have had many associations; she dedicated this illustration to them and in particular to their Past President Bert Gietelink who joined our International Reunion meeting in York in 2018 but sadly passed away a year later.



Speaking in impeccable English, Ulrike had us captivated with this wonderful collection, and we were all very grateful for her time in describing it to us.

It was a perfect illustration of how Zoom can – even when times return to normal – bring us together for such a unique event.



York Rotary News

York Rotary · Mar 12

The Role of Yoco

Frank reports...



The York Central Masterplan disappointed and provoked many local residents to set up a MyYorkCentral group .They initiated a significant public consultation campaign which eventually established principles they hoped would apply to the implementation of the development of this long term project.

Summarised these are : -

- York Central should address York’s housing inequalities , create a mixed community and build homes not holiday lets.
- Bring walkable access to shops, gyms, culture, entertainment, public transport .
- Build in low running costs through high building standards.
- Provide liveable streets and safe neighbourhoods for children to grow up.
- Keep cars to the periphery,
- Plan for quick and reliable public transport and prioritise direct routes for those on foot, bikes and with mobility aids.
- Plan for creative vibrant urban space by mixing up work, living and cultural buildings and spaces.
- Design indoor and outdoor public space and forms of collaborative governance that enable communities to take ownership and to cultivate lots of different activities.

Penny Bainbridge

A member of the shadow board of YoCo,
York Co-owned Housing and Neighbourhood at York Central.

Penny Bainbridge, our speaker on **March 12th**, explained that York Co-Owned Housing (YOCO) was established as an organisation to work with the City and York Central Partnership to have these ideals accepted. She emphasised that no formal commitments existed, no sites had been allocated and the various ideas for development were all aspirational .

The current priority was to establish a Company limited by guarantee on similar lines to YorkSpace who were well advanced in applying the concept to the Lowfield site in York.

YOCO will be launching a campaign to attract new members and hope to acquire a building in the area as a base for building up the operations. The vision is for a thriving neighbourhood connected to a thriving city, a place where citizens choose to take care of their environment and neighbours -a place where people create lives and an economy which is healthy and sustainable.



York Rotary News

York Rotary · Mar 18

Progress on the Rotary Peace Garden at York Hospital

As we were unable to run our normal Dragon Boat Challenge event in 2020, several Rotarians got together and organised a VIRTUAL Dragon Boat Challenge, using various items masquerading as "Boats", including chairs, wheelbarrows and tractor trailers.



You can read about the event and see photos and videos [here](#)

In the end, over £20,000 was raised, and this was all in aid of York Teaching Hospital Charity, who also collaborated with us in the planning and marketing of the event.

The money raised was to create a newly refurbished area of open space at the hospital as a Peace and Reflection Garden, primarily for use by the fabulous staff at the hospital, but also available for patients to use as well.



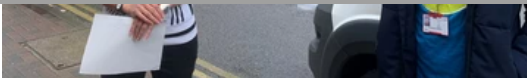
The design of the garden space is being led by Griselda Goldborough, Art & Design Manager at the hospital, who spoke to one of our zoom meetings recently about the project ([read here](#)).

Griselda is pictured here with Joe Fenton from York Teaching Hospital Charity, at the cheque handover last October.

The Rotary Peace Garden will be created in a quadrangle just off Junction 5, near the Chaplaincy. It will be accessible, focussed on the senses and have multi-level features including oxygen ports for patients, a labyrinth (which will house a dragon feature), lighting features, shelter and varied seating.

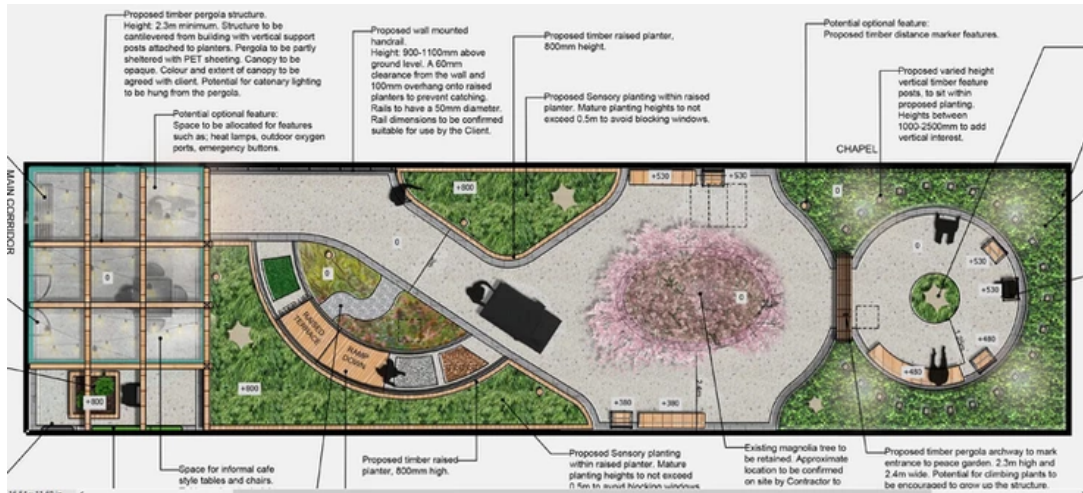


York Rotary

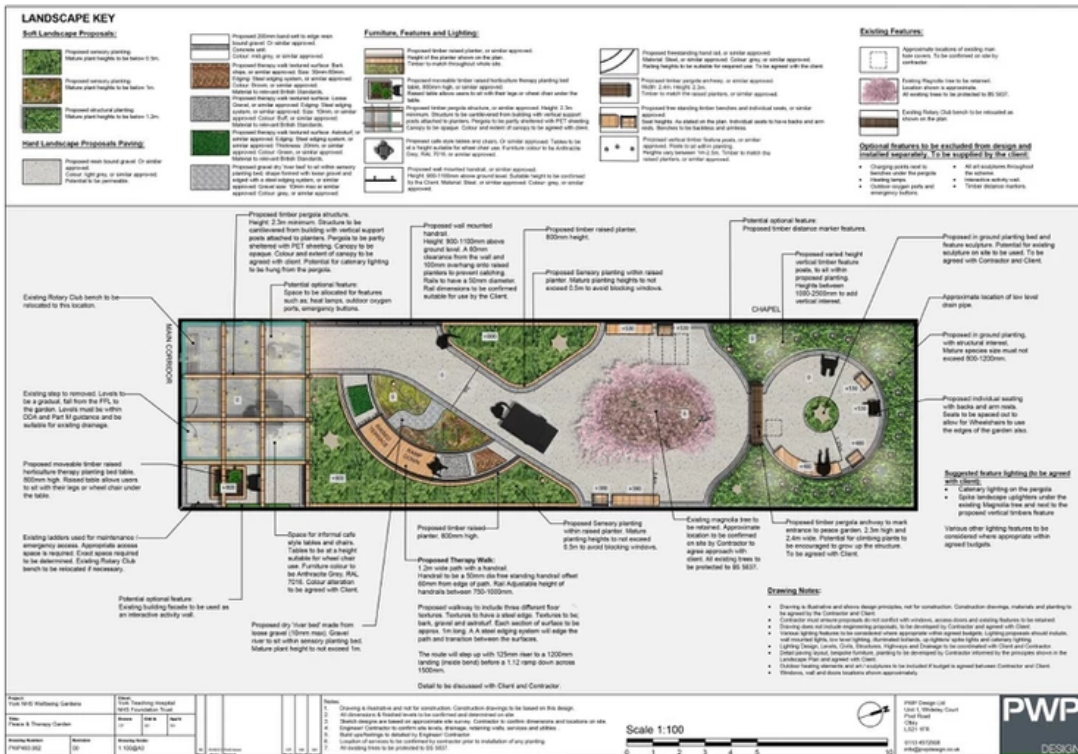


lighting features, shelter and varied seating.

A draft design has now been created which illustrates the various features being created, as shown below. *(click to enlarge; and then click the "double-arrows" to make it full screen size)*



The full plan.....



Proposed	Existing	Notes
Blue hatched pattern	Blue hatched pattern	Proposed timber pergola structure.
Blue hatched pattern	Blue hatched pattern	Proposed timber raised planter.
Blue hatched pattern	Blue hatched pattern	Proposed Sensory planting within raised planter.
Blue hatched pattern	Blue hatched pattern	Proposed timber raised planter.
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Blue hatched pattern	Blue hatched pattern	Proposed Sensory planting within raised planter.





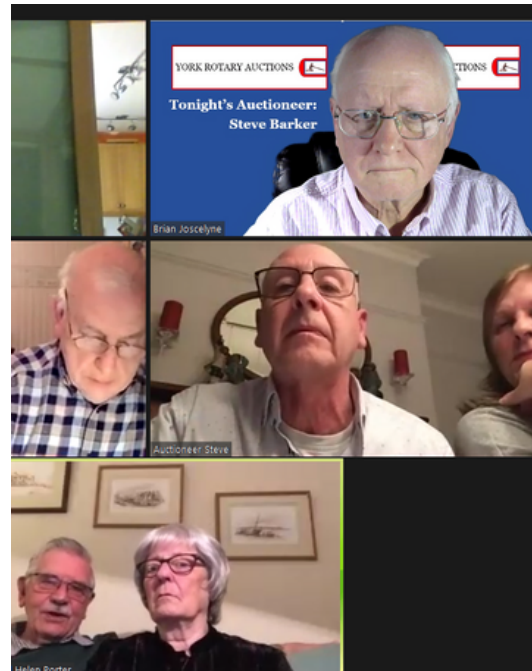
York Rotary News

York Rotary · Mar 26

Successful bidding for Carecent

Our latest social event was a second "Zoom Safari Supper" on March 22nd, following a similar pattern to the previous supper earlier this year, when over 50 members, partners and *Friends of York Rotary* "shared" their 2-course meals as they chatted around virtual tables, these being re-mixed for the second course with a different set of Safarians.

This event had an added twist, however, as there was also an auction event, with items donated by members from York and Erlangen Germany, to raise money for Carecent, the local charity in York that provide breakfast and shelter for the homeless and disadvantaged using volunteers and donated food.



With 22 items in the auction "catalogue" there was something for everyone, and bidding was fast and furious (so much so it was difficult for our wonderful auctioneer Steve to keep up with!) for items such as Restaurant Vouchers, DVD sets, Coffee Table books, hand-crafted bowls, a virtual Wine Tasting evening, vintage port, and engineering excursions to the North York Moors Railway and to the Millennium Bridge, led by Rotarians.

A golf day out for 4 also attracted a lot of interest.



Probably the highlight of the evening was the auctioning of a ride in Germany with Wilfried in his Morgan Plus 8 (which will happen during our May 2022 visit to Erlangen) and then a second ride in his Morgan 3-wheeler; each of these raised over £100 and were very popular items.

It was great to have Wilfried join us for the evening and his contribution was much appreciated.

Far exceeding the organisers' expectations, the auction raised £900 for Carecent, and their co-ordinator Cat was told the news the following day. Cat was delighted with this support and will be dropping in to our Friday zoom meeting on April 16th to say a few words and explain how the money is to be spent.

It was a fun event, with lots of social chat but also an energetic and worthwhile bout of bidding to help Carecent.





York Rotary News

York Rotary · Mar 28

A Day in the Life of a Local Councillor

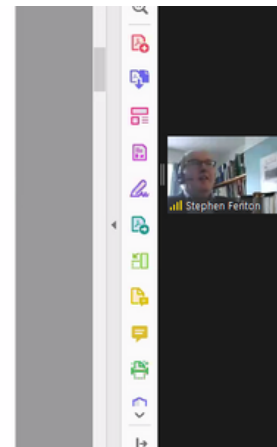
Sheila reports... Stephen Fenton, our speaker on **March 26th**, is a Liberal Democrat Councillor for Woodthorpe and Dringhouses. This is one of the 3 Member Wards in York because of its size. There are some 5,500 households in the ward with some 10,000 people. He works alongside 2 other fellow councillors Ashley Mason and Paula Widdowson.



They share tasks and each Cllr Leads on certain issues and all have different approaches. Stephens 'day job' is in NHS England and he covers his Council responsibilities lunchtimes, evenings and weekends....so a very busy man!!!! He very much sees his Role as representing OUR residents' views to the Council... to be their 'Voice' in effect.



- No 'one size fits all'
- There is no job description!
- York is a unitary council with 47 councillors
- 21 Lib Dem, 17 Labour, 3 Green, 2 Conservative, 4 Indy
- One, two and three-member wards
- Elected every four years
- My ward has 10,000 electors and 5,500 homes
- Some councillors have outside work, some don't
- Basic allowance is £10,371 p.a.
- Additional 'Special Responsibility Allowance' for some posts
- Some councillors serve on the Executive, some chair Scrutiny committees, some sit on outside bodies
- Some councillors have political party responsibilities
- Priority is responding to local residents' needs



He started his talk with "So what does a Ward Councillor do" and we soon learnt how varied his role was! He explained that there was no 'Job Description' as such and that he had chosen his focus around his own interests and passions. He receives an annual basic allowance of £10,371. He said that Covid had changed the way he worked as he obviously can no longer go into peoples' homes e. g. if they were council tenants and there was a problem with the property. Much of his communication with the residents is via Twitter/Facebook Messenger/Emails and Telephone calls.

He said that no two days are the same and the joy and variety of the role meant he was never bored! In spite of his planned approach to the Role, he said that he was often caught by the left field. He felt that being visible in the ward was critical to him and he did this via his love of cycling by getting on his bike in the community. This was also very useful as it meant that he could actively engage with residents to achieve tangible outcomes.

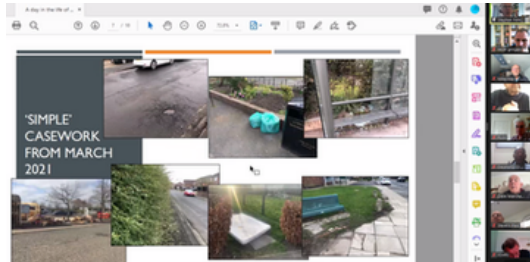
He looked back at what he had been involved with over the previous few weeks and the range and variety was fascinating:



Planning Committee

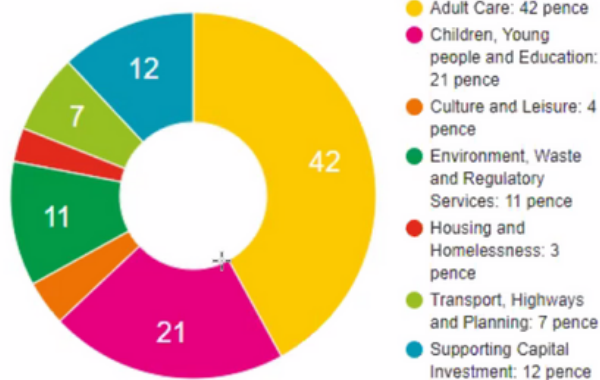
shelter on Tadcaster Road/corner of the Horseshoe where a large glass panel had been shattered (residents had heard noise in the night). (On a personal note I passed the bus shelter the next day and saw the damage and danger of the shattered glass to pedestrians which was all over the pavement and emailed Stephen). He responded immediately and said he was passing on his bike and took photographs of the damage and reported this to the relevant Council department. Glass was removed pretty pronto!

· He had dealt with 8 further reports requiring attention ranging from pot holes/litter picking green bags ready for collection/discarded mattress in a childrens play area (found myself thinking what kind of person would do something like that, as am guessing did many fellow Rotarians) fly tipping in Tesco Askham Bar recycling area where not just fly tipping had occurred but cardboard etc had also been set alight. All graphically demonstrated with photographs.



WHAT DOES THE COUNCIL DO?

Gross expenditure for 2021/22 will be £433.334 million



· Alongside these issues there was his usual strategic/scrutiny committee responsibilities/planning committee meeting – the latter he described as ‘Always a Joy’ and more complex issues concerned e scooters/ Network Rail site on Moor lane requiring liaison with residents and Network Rail/ to the dumping of medical waste in legitimate yellow bags which because of the danger, involved intervention from the Police and Neighbourhood Watch Teams. Implementation of new Perspex screening in a bus shelter where the original screening had clouded over and people waiting for a bus couldn’t see the bus!

· On Covid issues, instrumental in organising a Covid test centre at the Rugby Club in Acomb Wood when the number of covid cases had risen exponentially and where people could go who were not exhibiting symptoms for lateral flow testing – one of the earlier initiatives I believe where this was set up and is still available. And last but not least the provision of benches for people to take a rest when obeying Government suggestions to get regular exercise during lockdown with a lovely photo (very dear to my heart..and knees and feet!!!!)

Clearly never a dull moment in the Life of a Local Councillor!!!

Stephen then took a considerable number of questions on a huge variety of issues reflecting the interest in his talk. Thank you Stephen and we hope to see you again soon.



York Rotary News

York Rotary · Apr 19

On Frauds and Scams

Steve B reports.... On **April 16th** we were delighted to greet Catherine Robertshaw of the NatWest Bank Anti Scam and Fraud team to speak to us; her colleague having been heard by me at Keswick Rotary some 2.5 years ago - it was a presentation not disappointing to hear again.



Computer fraud and telephone scams are more prevalent than many believe, due to many victims embarrassment to even report to the authorities, never mind friends, that they have been 'suckered'.

The perpetrators spend great deal of time and money on sophisticated systems and research to glean the most minimal items of personal data to allow them to build a 'friendship' with the victim. These details being obtained from such sources as social media postings, innocent sounding telephone 'surveys' and trawls of search preferences.

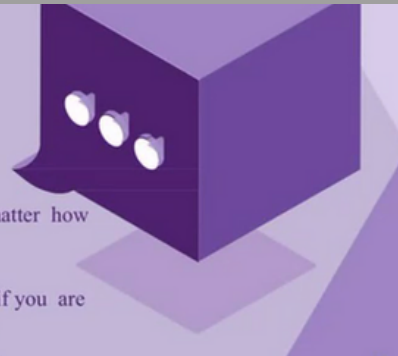


We are all susceptible to unwanted phone and e-mail contacts generated by sophisticated computer systems, maybe picking up only 1 in 1000 opportunities to the criminal who, using 'information', then builds a relation ship to offer untold benefits and who doesn't what to be smart and get ahead of the game!

Many examples were discussed and Catherine promises to distribute more info and contact details to guide us further via Hon Sec Mike. She even went further to invite members to contact her privately to discus concerns – NatWest customer or not.



- 2** **Look out for the warning signs.** How did you first connect with this person? Did they approach you? If so, stay extra vigilant.
- 3** **Take it slow,** if something seems a bit off, trust your instincts. Don't let your heart rule your head.
- 4** **Don't send money** to someone you haven't met in person. No matter how much they tell you they love you or want to be with you.
- 5** **Stop all communications** and block all contact with the person if you are worried or suspicious. Get in touch with the bank or the Police.




Her main messages were:






Just put the phone down on unsolicited phone calls – it may take few months for them to drop you but they will.


Check the source of unsolicited e-mail addresses by 'hovering' cursor over sent from address - which will show actual source - them SPAM or refer it to monitoring agency.

REMEMBER – IF IT SEEMS TO GOOD TO BE TRUE IT PROBABLY IS

- a financially savvy business man and wife friend of mine watched in horror as all their bank accounts emptied after falling of such a scam, which, after many phone calls from a very friendly well spoken advisor, convinced them to make a small investment
Luckily they reported it immediately to their bank and were reimbursed – many are not so lucky.






-  NatWest Security Centre:
natwest.com/security
-  Friends Against Scams website:
friendsagainstscams.org.uk
-  If you think you've been a victim, contact your bank in the first instance
-  Report the scam via Action Fraud on **0300 123 2040**
-  Talk – you are not alone and shouldn't feel embarrassed



Information classification: Public 21

Top tips to protect yourself and others





York Rotary News

York Rotary · Apr 20

Rotary Young Citizen Nomination for Billy

Eileen reports...

ROTARY OPENS OPPORTUNITIES [RI internal theme 2020-2021]

2020-2021 Young Citizen Citation

Rotary in York recognises...

BILLY FOX

...for a Young Citizen Citation 2020-2021. This award is in recognition of his initiative in finding a novel way to help a friend during the Covid emergency. The significant personal challenge of completing the Nidderdale Way was single-minded, well organised and successful in both raising awareness of and raising the substantial sum of £1,400 for the Mia Wright cause.






Rotary York President Rotary York Ainsty President Rotary York Vikings President

The Rotary groups in York worked together to seek nominations for the RGBI Young Citizen Award 2021. Members were asked to suggest names and schools and youth organisations were approached for suitable candidates. Elly Fiorentini, Honorary Member of York Rotary, suggested 15-year old Billy Fox of Starbeck, Harrogate.



Between 6th & 8th September 2020, 15-year old Billy, accompanied by his friend Matt, took on the challenge of walking the 85km Nidderdale Way in just 3 days with 2 overnight camps. There was no adult presence and they had to be self-sufficient, carrying all their equipment and supplies and camping overnight. In the end, Billy had to complete the trek on his own.



camping overnight. In the end, Billy had to complete the trek on his own.

The whole idea was Billy's. He focused on challenging himself to make the trek independently, to impress others and encourage them to recognise his cause and donate funds. The cause was on behalf of Mia Wright, a 15 year-old friend who needed an urgent scoliosis operation in Turkey, to save her dream of a dancing career. Mia's family had set up an appeal to raise £60,000 and the operation was scheduled for 25th September, so there was little time. With the Covid Pandemic, there was little chance of "ordinary" fundraising and Billy knew that running an event involving many others was out of the question, not least because of social-distancing, so he decided he would do something much more personal.

As a Scout, Billy had some experience of the outdoor life, organisation and fundraising, so once decided to make the trek, he assumed personal responsibility and used his knowledge and skills to direct operations. He persuaded Matt to join him for company and support and took control of all the planning and preparations. He gathered the equipment and supplies and persuaded their parents to sanction the walk; their only input was to provide emergency back-up. Unfortunately, Billy had to complete the final day on his own as Matt sustained an injury which prevented his walking the whole distance. Nothing daunted, Billy was determined to finish as planned and not let down his supporters, himself and, most importantly, Mia.

Publicity was sought and, given his age and inexperience, the challenge was recognised by local media and BBC Leeds. His successful trek raised £1,400.

On 19th April, Eileen was able to make an informal presentation to Billy at his home.

This is the first time we have become involved with the RGBI Young Citizen competition but we hope to make it an annual event. Well done, Billy!



York Rotary News

York Rotary · Apr 25

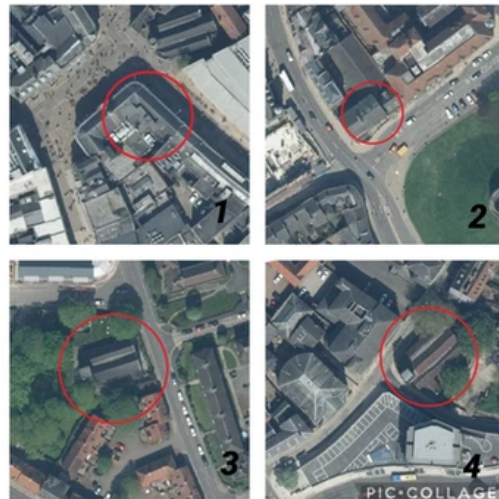
Discovering Yorkshire Bears

John Lacy's quizzes have been a mainstay of York Rotary's social events over the years - whether at weekend breaks, barbeques or wherever, so it was only right to give his creative skills a whirl in our current environment - on Zoom. Over 50 members and partners took part in the "**Centenary Quiz**" event, held on **April 21st**.

Spot the York landmark from above

And creativity abounded! - with questions on a wide range of topics from York landmarks, food and drink, sport, film and TV.... and of course "pot luck" which this time included a question on naming two famous Yorkshire bears. Confused?

The answer turned out to be Sooty and Pudsey, both with their "roots" in Yorkshire, apparently.





Participants worked in six teams to debate and solve the various puzzling questions, and the success rate was surprisingly high. As the event unfolded, Mary and Sheila kept a tally on the scores (teams "marked their own" answers, which could only be considered equitable and unchallenged in a true Rotary context!) They showed the cumulative scores on a spreadsheet, and excitement, with not a little competitiveness, grew as each round was added and the scores were very close between the teams.



The picture round had everyone scratching their heads trying to identify York Rotarians from their "very old!!) photographs. All the people featured were present that evening, so they were able to reveal themselves one by one, which created much hilarity!

In the end, the "No Brainers" team won the day, with the "Cosmopolitans" just one point behind and the "Flower Arrangers" bringing up the rear. After a quick "Guess the number" elimination amongst the "No Brainers" members, the bottle of wine prize went to (who could have guessed it)



York Rotary News

York Rotary · May 3

Global Sight Solutions

On **April 30th** Rotarian John Miles (member of Rotary Club of Leatherhead) gave us a presentation on the work the charity **Global Sight Solutions** (GSS). The Charity was founded in 1998 by Dr Sam Das MBE, former eye surgeon and ophthalmic consultant at Guildford's Royal Surrey Hospital. During its 23-year existence, Rotary GSS has established more than 60 Rotary-run eye hospitals in the developing world to deal with avoidable sight problems, providing free eye care for those who are unable to afford it.

Global Sight Solutions

establishing eye hospitals in the developing world which provide free eye care to the poor while becoming both sustainable and financially freestanding.



John and Fiona Miles have been at the forefront of the charity since its inception.

GSS establishes eye hospitals mainly in India and Africa which provide free eye care to the poor. When a hospital is set up the charity offers help and support but, once a hospital has been established, it is then expected to become financially independent through self-management and self-funding, deriving income from legacies, private patients and

the establishment of pharmacies, optical shops, and well-woman/well-man clinics. Surgical equipment and surgeon training is provided by the charity as well as 'eye bus' transportation for patients. John and Fiona make regular visits to a small number of established hospitals each year to ensure that the work continues as intended.

Common causes of avoidable blindness are:

- **Poor Diet**
- **Genetic issues**
- **Poor education**
- **Lack of clean water and decent sanitation facilities.**

Currently there are around 60 eye hospitals, but GSS are keen to open more in order to increase the number of cataract operations undertaken each year to 175,000 by 2022. The charity relies on donations for initial funding; through the RI Foundation matching grants programme, donations to GSS can be multiplied by up to a factor six.



• **Poor education**

• **Lack of clean water and decent sanitation facilities.**

when matched by fundraising in country and an RI Foundation global grant, culminates in \$90,000 of funding – enough to establish one hospital.

Approximately £12,000 raised in the UK,



John left us with two challenging thoughts. What would our reaction be if we went to bed and what we saw today was the last thing we would ever see? And, how might we feel if we woke up in the morning, opened our eyes, and couldn't see? Real scenarios for real people across the world.



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100 years snippets



A Century in Chocolate (sounds nice!)



105th shipment by Physionet





York Rotary News

York Rotary · May 14

Centenary Talks Begin

Updated: May 19

Mike F reports... York Rotary's series of 'Centenary Talks' commenced on **May 7th** with Andrew Morrison, the CEO of York Civic Trust, giving an oversight to the history of planning and conservation in the city over the last 100 years.



In the early part of the 20th century the centre of York was still dominated by industry, which Andrew illustrated with fascinating photographs and plans of the Foss Islands Road area, which at the time, was in the middle of a very large power station.



The only remaining traces of which are the chimney in Morrison's car park and an antiquated bridge over the River Foss. The area on the other side of the bridge that had been occupied by cooling towers is now a nature reserve!

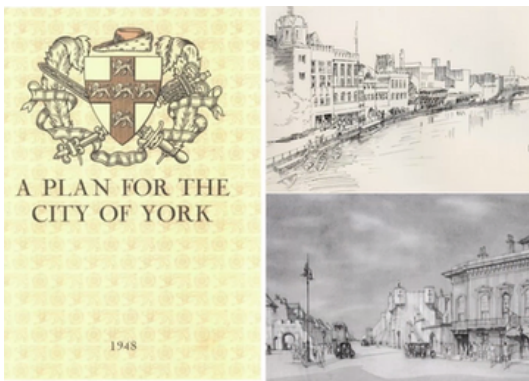


Tang Hall.



The Second World War of course, brought this work to a halt, but by 1945 a spirit of ‘regeneration’ was in the air. Various schemes were proposed. One called for the completion of a ring road that had already been partially started. (Evidence of this can be seen today in the dual carriageways in Kingsway and Acomb.)

Another scheme called for the creation of an inner ring road that would have resulted in the demolition of Gillygate on the City Walls side and the clearance of much of the housing within the ring road, to be replaced with green open space.



Neither of these schemes came to fruition, but in 1946 they did influence the creation of York Civic Trust. Four individuals, prominent in York commerce and society, set up the trust to provide an independent body to monitor proposed developments. John Bowes Morrell, Oliver Sheldon, Noel Terry, and Dean Eric Milner-White were not focused exclusively on the preservation of historic buildings, adopting the principle “promote heritage – shape tomorrow”.

In the 74 years since then, YCT has continued to be closely involved in the planning process. Ancient buildings worthy of preservation have been restored and repurposed. Others in poor condition have been demolished and YCT has sought to ensure that their replacements have been quality buildings. They have not always succeeded, but some, such as the Hiscox HQ on Peaseholme Green are considered to be significant achievements.

Looking to the future, Andrew sees an important continuing role for YCT. The development of York Central and Gateway sites provides opportunities for an enhancement of York’s facilities if done well. On the other hand.....! York Civic Trust will be there and pitching.



York Rotary News

York Rotary · May 19

100 years of Railways in York

100 years of railways in York (1921 -2021)

Bob Gwynne – Associate Curator, National Railway Museum



Frank reports... In the second of our series of talks marking our Centenary year, on [May 14th](#) Bob Gwynne, Associate Curator, National Railway Museum gave an informative, very well illustrated high speed journey through railway activities in York over the last 100 years.

His images covered the wide range of prestigious trains serving passengers on the East Coast Main Line starting with the LNER's Flying Scotsman in 1923, The Coronation in 1938, British Rail Deltics in the 1960's the HST125's in 1978 and Electric 225's in 1991 and the current LNER Azuma's.

Great for trainspotters!





1898 – 1922, 7 Railway Companies use the station

But his presentation also highlighted the range of activities and the huge acres of land needed for historic railway operations in this 1928 photograph of the York central area.



1961

Post 1960 the scrapping of steam engines and their replacement with significantly fewer diesel locomotives made a huge impact on air pollution as this picture of the coaling facility on Leeman Road, demolished in 1971, shows.

Post 1950 dramatic changes were also taking place in the UK industrial sector and in York rail freight operations in the Fosse Islands area at Rowntrees, Electric Power Station, Leemans Flour Mill, Redfearn Glass, York Gas Works and the British Sugar Corporation factory closed with significant loss of jobs but benefits to clean air.

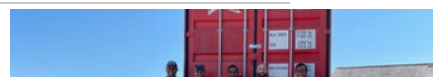
York continues to be an important part of the national rail network and a significant employer in the City. The railway legacy is undoubtedly the release for productive use of land previously necessary for historic activities. This has already happened at Layerthorpe , Fosse Island and Dringhouses.

The jewel in the crown is York Central and work on the infrastructure for this exciting project has now started. The ultimate aim – a mixed development of 2500 houses, Offices, Hotels and an extended National Railway Museum . All on land originally purchased and used by the North Eastern Railway Company which was created in 1853 with headquarters in York.



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York Rotary News

York Rotary · May 24

Christmas in May?

Diana reports... In December last year, three York Charities got together to raise funds and raise spirits by holding a virtual Santa Fun Run.

On behalf of **York Rotary Club, the British Heart Foundation and the Wilberforce Trust**, 128 runners got dressed up as Santa, reindeers or elves and jogged round their local parks, beauty spots or streets for an approximation of 5K and raised £2,083.78.

Due to an extended lockdown we were unable to get together to share out the takings for our respective causes but this week (May 20th) we were able to do just that.

Donning our Santa suits, inflatable antlers and guiding our makeshift sleigh on a mock snow carpet, we celebrated this achievement in fine Yuletide style. With the weather so miserable we could almost believe it was still winter!



These funds will enable Rotary to support the wide range of good causes they work with; the British Heart Foundation to reach more people with their life-saving support and the Wilberforce Trust to reduce the loneliness and isolation of people living with sensory impairments. We hope to do this again this December and make it even bigger!



push pull swim row crawl trampoline

in aid of

Wilberforce Trust British Heart Foundation York Rotary

BRING A SMILE TO YORK THIS CHRISTMAS

SANTA FUN RUN
WITH A DIFFERENCE

12TH & 13TH DECEMBER 2020

CHOOSE YOUR OWN ROUTE AND LENGTH
on your own or in socially distanced groups

10k Run 5k Dash
2k Fun Run

PRIZES FOR BEST SEASONAL OUTFITS
for adults, children and dogs

Register / Donate / details : www.racebest.com/races/yorksanta

or contact Diana Naish on 01904 709767

santafunrun@yorkrotary.co.uk

Event organised by Rotary Club of York Reg Charity No. 1025046
All proceeds will go equally to Wilberforce Trust, BHF and York Rotary charities

pedal wheelchair wheelchairs zimmer buggies



York Rotary News

York Rotary · May 29

Lies, damn lies and Rotarian lies!

Back by popular demand, our second on-line quiz game "**Would a Rotarian Lie to You**" held on **May 18th** was even more hilarious than the first!

It was also a really international affair, with Rotarians joining us from Jamaica, Germany, South Africa and California USA. With our own members and partners, a total of 80 people took part.

A mix of true stories and outrageous lies were the order of the day, and the standard of lying was so good that most teams were fooled into believing the evidence in front of them; and the true stories so extraordinary that most decided they were very un-true!



Desmond Creary from Kingston Jamaica Rotary



Horst Lindenberg from Erlangen Rotary, Germany

Amongst the highlights, Horst, who joined us from Erlangen Germany, donned his sunglasses "*to avoid detection from my eye movements during interrogation*" and answered questions about his tale of starting a bomb scare in Berlin (it was true!).

Roger also had a tale of smuggling champagne from East Germany to West Germany in the boot of his car which came under intense scrutiny. In the end, he declared it was true. And Robin said he had lent money to Paul McCartney in 1965 when he (Paul) did not have enough to buy petrol. Really? Actually, yes. Wonderful lies were made up by Mary, Steve and Nicola with so much information that they just had to be true, but weren't.

In the "This is My" round, we were joined by a special guest Julie. Paul, Desmond and Ellie all made out that Julie was their friend and related stories of their past. Desmond claimed she had thrown up over his jacket while blind drunk at a Masonic dinner in Nottingham. He added so much detail that this had to be true, wasn't it? In a "poll" 70% of those attending thought so. Actually it was nonsense... Julie is actually a writer, and a friend of Elly with whom she shared an experience at the Bird of Prey Centre at Huby!

The winning team - who guessed correctly "true or lie" in each of the six rounds - included Nicola (pictured), who is a potential Associate Member of York Rotary. In a "guess the number" run-off, she and her husband Steve won the prize, a box of Belgian chocolates.



York Rotary News

York Rotary · Jun 7

One Hundred Years of the Army in York

David R reports... Our speaker on **May 28th** was Major-General Murray Naylor, who joined the Scots Guards as a national serviceman, decided to make a career in the Services and 36 years later retired as Major General in command of the 2nd Infantry Division of the Army.



Murray observed that York had a long association with the Army going back to Roman times - Constantine was declared Emperor in the city when the 9th Legion was stationed here in AD 303. Much later the Parliamentary Army besieged York in the Civil War and it was only thanks to its commander General Fairfax, a York boy, that the Minster and city churches were spared vandalism by the Roundhead troops.



Murray concluded that throughout all the years of occupation and garrisoning the attitude of York citizenry must have been pretty ambivalent: mostly hostile to the presence and behaviour of troops but glad of their protection during times of civil unrest.

Even as late as the C20th the behaviour of troops towards their civilian neighbours was very mixed and it was only in the 1970s that concerted efforts were made to encourage greater civilian mixing.

Even that was frustrated for a time by the heightened security resulting from the troubles in Northern Ireland.

1st Battalion The West Yorkshire Regiment 1927

Murray remarked that in his time in York in command of the 2nd Infantry Division, where he was responsible for peacetime relations of some 18,000 troops across the North of England, whilst their presence was generally welcomed by the civic authorities it was firmly on the basis of reciprocity of behaviour.

Murray went on to remark that most of the well known Yorkshire regiments had at one time or another been stationed at Imphal Barracks in Fulford. During his time in York he had worked hard to forge good relations with both York City Council and the Minster, and it was no coincidence that over the years all these regiments bar the Green Howards had established memorial chapels in the Minster. He felt it true to say that their personnel cherished their links with York.



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1st Battalion The West Yorkshire Regiment York 1944

The 2nd Infantry Division was formed at the time of the Peninsular War and fought its most notable action at the battle of Kohema in 1944 when after 6 weeks of hand-to-hand fighting the Japanese were prevented from entering Northern India, proving a turning point in the war in the East. The division played a vital part in the battle which is still commemorated in an annual service of remembrance in York. The Kohema Trust distribute support to families in need with links to those who fought.

Today the Commander of the 2nd Division has responsibility for troops stationed all over the country and the close links with York are diminished. 2nd Division was moved to Edinburgh in 2000



1st Battalion The Prince of Wales's Own Regiment of Yorkshire Freedom Parade 1988



Second Battalion The Yorkshire Regiment - Flood Defence work in York

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York Rotary News

York Rotary · Jun 10

200 Years of Science in York

David R reports...

The discovery in 1821 of a cave in Kirkdale, near Pickering, packed with prehistoric animal bones was the genesis of the Yorkshire Philosophical Society (YPS), currently about to celebrate its Bicentenary. Catherine Brophy, its president, spoke to the Club on [June 4th](#) about its origins, achievements and personalities over the 200 years of its existence.



The discovery in Kirkdale reported in the York Courant in 1822 drew the interest of a number of local professional men who decided to form a society in York devoted to the study of natural science at a time when the long-held Christian beliefs about the origins of the world and the universe were being questioned. The society was founded under the leadership of James Atkinson, retired surgeon, and soon found ready support including a number of members who donated their collections of fossils and other natural history objects to form a small museum initially located in Ousegate.



This soon outgrew its premises and thanks to the efforts of one notable member, the Rev William Harcourt, son of the Archbishop of York and with family links into government, the society was able to negotiate the purchase of the site of St Mary's Abbey, seized by Henry VIII and still at that time in Crown ownership, and construct purpose built meeting rooms and a museum.

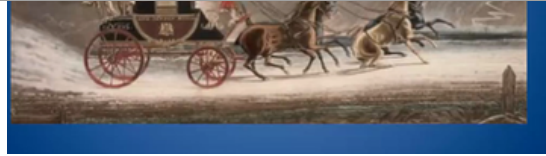
If nothing but ambitious, 1829 saw the first gardens developed and soon after John Naysmith the famous garden designer was asked to create a setting for the growing botanical collection of plants and trees brought back by plant hunters from across the world.

More adventurously, a small menagerie was established, reportedly containing a bear, a golden eagle, monkeys and peacocks. The bear subsequently escaped and chased Rev Harcourt and its keeper into a shed and soon after was despatched south to the zoo in London! Peacocks remained around the site well into the C20th.





well into the C20th.



British Association for the Advancement of Science

Founded in York in September 1831, the first Chair was Lord Milton, President of the YPS



In 1831 the British Institute for the Advancement of Science was launched in York. The aim of the institute was to bring matters of scientific interest to the attention of provincial audiences, and it continues to meet for that purpose each year in a different provincial city. 1831 saw also the construction of an observatory in the Museum Gardens. The original telescope was replaced in 1837 by one made by Thomas Cooke, founder of the well known York optical instrument makers and was

responsible for early photographs of the moon.

With growing membership and well attended conferences and public lectures throughout the late C19th brought a need for enlarged lecture facilities, and thanks to a significant bequest made by the York surgeon, explorer and volcanologist Tempest Anderson, the society was able to construct in 1912 a purpose built lecture hall adjoining the museum and accommodating 250 people. It enabled the society to expand its activities and became an important source of income. The garden too, whilst remaining regularly open only to members, was made available for public fund raising events, and performances of the York Mystery Plays were staged occasionally from 1912.

Post WW2 saw the slow decline in membership and attendances at the museum. Income could no longer sustain the necessary upkeep of its premises and in 1961 a decision was made to hand over the museum, its collections and its gardens to the City Council, maintaining the YPS as a separate private society .



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William Wilkins Building 1830



Today the gardens are open to the public, their botanical status is being resurrected and they are a popular destination for recreation and public events. The museum is part of the York Museums Trust and has been in receipt of significant investment, and once again is active in adding to its collections. The Middleham Jewel is perhaps the most notable acquisition of recent years, and its holdings of large Jurassic fossils make it a popular destination for youngsters.

The YPS maintains a current membership of about 500 and continues to run a busy programme of annual lecture and tours. Post-Covid it will be celebrating its bicentenary with a special series of events.





York Rotary News

York Rotary · Jun 10

105th shipment by Physionet

Several York Rotarians made an early start on June 5th to help with the loading of Physionet's 105th shipment of surplus NHS equipment, this time heading for Fiji.



Pictured: Andrew Dunkinson, Robin Rich and Ian Helby amongst the loading team

Members have been volunteering in support this amazing charity for many years now; as loaders, driver/collectors from NHS premises across the country, and as administrators.





Physionet's Chairman, Mike Adams, thanked

all those who helped on the day:

"As the saying goes, 'third time lucky' and so it was on Sat 5th June when PhysioNet finally loaded the container for Fiji which left Gelsthorpe Farm (with a collective sigh of relief). This container represented our 105th shipment over eleven years. PhysioNet has shipped some 60,000 items of mobility equipment over this period equating to approximately 600 tonnes of equipment most of which would end up in UK landfill.

A special thank you to all of our volunteers who turned up on the day including the very valuable help of a contingent of Fijian soldiers from Catterick Army Barracks.

No one has ever gone through life without a helping hand, volunteers are the very core of humanity.

Thank you to all of our volunteers.

Mike



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100 years snippets



A Century in Chocolate Making (sounds nice!)



200 Years of Science in York





York Rotary News

York Rotary · Jun 15

A Century in Chocolate (sounds nice!)

Updated: Jun 18

Continuing our series of “Centenary talks” we were delighted to welcome Sophie Jewett, owner and CEO of York Cocoa House, on **June 11th** to talk about “A Century in Chocolate Making”. Sophie, who is also a member of *Friends of York Rotary*, came to York as a student, and her first job was working for Diana Naish. In 2011 she founded York Cocoa House, then in 2018 she started the manufacturing and chocolate education centre York Cocoa Works, in Castlegate.



York's chocolate makers date back to 1646, at their height they employed 20,000 of York's residents, 30% of the city's population.

York has, of course, a special place in the history of chocolate, dating back to 1646 with Rowntree & Co, but also Terry's and Craven Almond Works, originally in Coppergate. Rowntrees was originally based in Walmgate then in Castlegate (where Sophie's business now is). The Terry's factory is now, of course, a residential block.



Sophie Jewett

At their height, chocolate makers employed more than 20,000 of York's residents, 30% of the population.

York's situation on two rivers, good transport links especially railways, and being a trading city, played a part in the attraction of the city for chocolate makers.

Sophie described the development of chocolate brands and “bars” – which transformed the nature of the business – with their foundations in the First World War and Canadian soldiers splitting their rations. Kit-Kat (good for sharing) is an example of this development, making it an accessible snack.

The Quaker origins of many chocolate companies, initially a big advantage in setting up worker-friendly companies, came under pressure particularly from the media, for their pacifist views during the war, and they developed new popular brands (such as Black Magic) as a way to win back public favour. Black Magic was the first brand developed specifically to be attractive to men (the main purchasers) as opposed to women (the main consumers).



With several other nuggets of information (i.e. the first Chocolate Orange from Terry's was actually a Chocolate Apple; and the memories everyone has of their favourite chocolates in their youth) Sophie made the history come to life, right up to recent times when globalisation and the transfer of manufacturing out of York led to a decline in employment and traditions – a trend she is trying to reverse with her entrepreneurial approach to manufacturing and education in the city. We wish her well.



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100 years snippets



105th shipment by Physionet



200 Years of Science in York





York Rotary News

York Rotary · Jun 19

100 years snippets

Mark Sessions reports...

Graham Wilford has spent many hours putting our Rotary Club archives onto a digital record and on **June 18th** he shared a very interesting collection of snippets over our Club's first 100 years. He showed us a photo of the seven minute books which covered our first 27 years which were hand written and full of newspaper cuttings and even menu cards of the dinners.

He had placed a memory stick by the side of these minute books and pointed out that this one little memory stick can contain all of the scans he has done of the seven minute books!



The next photo showed 16 binders containing 826 copies of Rotagraph and Graham told us these have all been scanned and are now part of the digital archive.

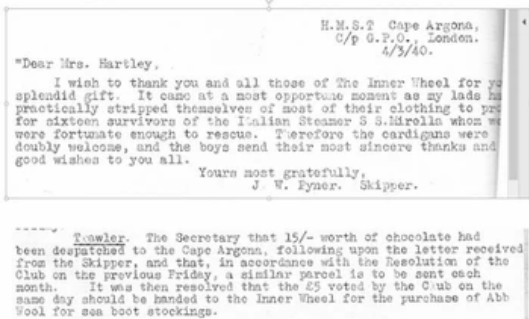


He showed a wonderful photo of the Presidential Party at the Club's 1934 Annual Dinner including Noel Terry of Terry's Chocolates and Tom Shouksmith who gave our Club the golf trophy which is competed for today.



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HMST Cape Argona



Graham recounted numerous service activities that our Club had done in the past including sending unused medicines to Third World countries and sending warm clothing and chocolate to an adopted trawler to keep the sailors warm.

During the Second World War members had been in the Observer Corps spotting planes and providing musical instruments and books to internees in the German Internment camp on the Knavesmire.

Coming up to date Graham showed a picture of the first two ladies to join our club in 2007 Janet Morley and Mo Hayward.



During question time our Rotary friend Desmond from Jamaica praised our Club for retaining such excellent archives. We owe Graham and helpers a huge debt for all their hard work in achieving this digital archive which will keep all our records safe for the future.



1964 lunch at Windmill Hotel



Graham Wilford