

Rotary

The Official Magazine of Rotary International in Great Britain & Ireland

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SPECIAL FEATURE:

Being Frank about mental health



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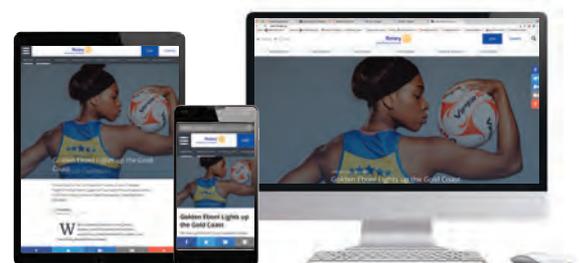
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ROTARY MAGAZINE ONLINE





I'll always get up, it's the only way I know

Former world champion boxer, Frank Bruno, knows all about the school of hard knocks, and picking yourself off the canvas. Here, Frank talks about one of the biggest battles he has had to conquer – his own mental health.

DAVE KING

FRANK Bruno - boxing world champion, national treasure and a mental health ambassador. Here is a man who has ridden life's rollercoaster.

Frank grew up with five brothers and sisters in a terrace house in south London where he began boxing from the age of nine at the local Wandsworth Boys' Club. Later, he learned to box seriously while attending Oak Hall School in Heathfield, East Sussex, an establishment for 'problem' children.

But boxing was definitely Frank's calling. The discipline of sport kept Frank on the straight and narrow, as he won all of his fights as a young amateur heavyweight, before turning professional and very quickly becoming European champion.

Soon, Frank with his charming manner, hearty laugh, and neat turn of phrase, became a television celebrity with appearances on 'Wogan', 'This Is Your Life', the 'Royal Variety Show', a host of quiz programmes, TV adverts, and even pantomime.

His catchphrase "Know what I mean 'Arry?" – in reference to the legendary BBC boxing commentator, Harry Carpenter, was mimicked by many and became part of the Frank Bruno legend.

In a 14-year professional boxing career, which saw Frank win 40 of his 45 fights, the 6ft 3in heavyweight scaled the summit in September 1995 when he defeated Oliver

McCall at Wembley Stadium to be crowned WBC world champion.

But within eight years, Frank was facing a fight of a totally different complexity, where the opponent was not standing in the ring in front of him. Instead, this opponent was in his head.

In 2003, then aged 42, he suffered the first of three mental breakdowns after his marriage to Laura Mooney broke down.

Two further episodes followed in 2012 and 2014, when he was sectioned under the Mental Health Act 1983.

Following his last section, Frank became very vocal about the treatment he received and decided to speak out for the thousands who suffer in silence, either as a patient or a carer.

In his 2017 autobiography entitled "Let's Be Frank", the loveable world champion boxer described mental health as "undoubtedly the biggest battle I've ever had to win".

The book is a deeply personal story, when Frank talks about his battle with mental illness, his time inside a mental facility, the impact his illness has had on his family and his career - and his long road back to stability.

It offers a raw perspective of living with bipolar disorder. In the book, Frank writes: "Ever since I retired, one thing has stood between me and being the man I want to be. My mind.

"In the end it saw me locked up against my will and pumped full of so many drugs I didn't have the strength to stand.

"When I am in the grip of my mental disorder and the drugs are pickling my brain, I am unable to stand up, the drugs literally and, excuse the pun, 'knock me out.' But I will always get back up. It is the only way I know."

Frank is now seen as a mental health campaigner, advising large organisations, and Government agencies who use Frank's advice and experience to improve mental health treatment in the UK.

Now, the boxing legend who says he does not want others to suffer like he did, is opening up his own mental health centre in Northamptonshire.



© Getty Images



Through The Frank Bruno Foundation, he has obtained premises to create a new treatment centre, which he hopes to open in a few months' time.



“The drugs, literally, knock me out.”

Frank explained: “Rome wasn’t built in a day and it’s been a long journey so far, with lots of red tape.

“What we are doing is quite different from the normal treatment of giving a patient some drugs, telling them to take them and come back for more in a few weeks.”

Following his own painful experience, Frank said the dedicated centre will provide a safe environment to those facing and recovering from mental ill health symptoms.

They will be delivering well-being sessions, alongside non-contact boxing

workouts, bringing together healthy bodies and healthy minds.

“Our programme will help to bridge the gap between the services available and those which are needed,” he added.

“And our vision will help raise both public awareness and understanding of mental ill health, and to break and knockout the stigma attached to this.”

Frank was last sectioned in 2014 when he recalls how he was “pumped full of drugs and left like a zombie”.

During that and the previous times when Frank was an in-patient, he was unhappy with the treatment he and those around him received; particularly the inappropriate use of mind-altering medication which prevented his ability to function.

Whilst detained, Frank expressed a desire to use the on-site gym to exercise, this request was generally refused. Frank considers that his inability to exercise was detrimental to his recovery.

He has been medication-free since

2016 and never felt better, thanks to exercise, healthy living and mindfulness. These are the tonics which his centre at Standens Barn in Northampton, will offer.

He said: “What we’re going to do isn’t rocket science, but it will be life-changing.” ●



For more information visit:

www.thefrankbrunofoundation.co.uk

FACT FILE

FRANK BRUNO

- **Born:** Wandsworth, November 1961.
- **Boxing record:** 45 fights – 40 wins (38 by knockout), 5 losses.
- British & European heavyweight champion & WBC world champion.
- Awarded an MBE in 1990.
- Father of four children, and grandfather to two children.



Young people want to volunteer, says NCVO's Karl Wilding, but Rotary has to make it work for them

Let's make volunteering relevant to the next generation

It's hard to ignore, but volunteering touches every part of our daily lives. Karl Wilding, Chief Executive of the National Council for Voluntary Organisations, which has been around in some shape or form for over a century, explains why we need to modernise our approach.



Karl Wilding

WHEN the National Council for Voluntary Organisations (NCVO) was formed a century ago, the world was a very different place.

Today, the umbrella body for the voluntary and community sector in England represents 15,000 organisations and faces the challenge of reshaping and even redefining volunteering in the 21st century.

At the helm is bubbly Lancastrian, Karl Wilding, who has been with NCVO since 1998 when he joined as a research assistant.

"NCVO has done many things over the years," he recalled. "We built thousands

of village halls in the inter-war period, which are now looked after by Action with



"The younger generation want to do it differently."

Communities in Rural England.

"Immediately after the Second World War, our work with giving people help and advice was the start of what became Citizens Advice. Help the Aged came out of the Old People's Welfare Committee that was part of NCVO.

"However, we are a very 

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One of the reasons people volunteer is for the social experience, says Karl Wilding

different organisation from the one which was established 100 years ago, and that is only right.”

As clubs, societies and organisations struggle to find new blood to sustain their work, the narrative is that people today don’t care about causes or the community around them.

Karl describes that notion as “rot”.

People, and young people, in particular, want to volunteer. The challenge, he suggested, is that organisations such as Rotary have to make sure they are relevant to those people who want to change the world around them.



“A challenge for our sector is how we provide opportunities which fit with young people.”

“If the world is still changed by individual acts of kindness, by people getting involved and doing things together, then we have got to make sure that we are relevant to them,” insisted Karl. “We have to be relevant to how they want to change the world and how they want to do things.

“Everyone is carrying round with them a pocket computer, or a mobile phone, which allows them to do things like renew their library books without going into the library.

“That is all very good, but this has led to a culture where people not only expect to be able to do that on their phone but they also expect an instant response.

“If you want to volunteer, why can’t you go on an app to find out how?”

“People won’t want to receive a letter in the post or an appointment three weeks later, they will want to do the transaction side immediately.”

After all, said Karl, volunteering is good for the soul because the world is changed by charity.

He explained: “It is very easy in these difficult times to be cynical about the human spirit, or the world we live in when we read in the newspapers about divisions in society.

“But there is still something brilliant about us all.

“And where I feel really positive, whether it is about Rotary or other charities, is that we are vehicles for people to come together and to multiply those individual acts of kindness.”

If volunteering is to appeal to a

younger generation, then the way it is organised will have to change, predicted Karl.

Young people today don’t necessarily use the word ‘volunteering’ – instead it is ‘social action’, he pointed out.

Indeed, the whole concept of so-called volunteering in the 21st century is different.

The younger generation want to get involved, but they want to do it differently.

“Whereas my generation was familiar with the model where you stayed with the same organisation for many years, where you were committed and loyal by giving large chunks of time, that’s not how people want to get involved any more,” added Karl. “There is a lot less loyalty now.

“If there is loyalty, then it is to a cause, not to an organisation, so we have to be clear about the cause.

“People do not want to commit at all, so you have got to be able to offer volunteering opportunities where, if you get involved, you are not saying you are going to get involved for the rest of the year.

“They want flexibility in terms of timing and they want to give smaller chunks of time.

“There is an expression ‘micro-volunteering’ – people giving smaller amounts of time with no commitment.

“It could even amount to how can we help people volunteer without having to be at the organisation? Can they volunteer remotely?”

“So young people want to get involved, but they want to do it differently.

“A challenge for us as a sector is how we provide opportunities which fit with how people want to get involved.

“We have to think about people’s motivations and why they get involved.

“Sometimes we forget that as human beings, one of the reasons we volunteer is because people want a social experience, where they can have enjoyment and fun.

“And Rotary will understand that better than anyone.” ●



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A jewel in the Himalayas

When the Gorkha earthquake ripped through Nepal in April 2015, it left a trail of devastation and death. Rotary clubs across Great Britain & Ireland have been at the heart of rebuilding this Himalayan nation.

DAVE KING

THE tiny Himalayan nation of Nepal has been described as one of the most beautiful places on earth. A natural beauty blessed with eight of the top ten highest mountain summits in the world, while its capital Kathmandu is surrounded by a valley replete with historic sites, ancient temples, shrines and fascinating villages.

But just before midday on Saturday, April 25th, 2015, Nepal was ripped apart.

The Gorkha earthquake, registering 7.8 on the Richter scale which measures the magnitude of the tremor, struck close to Kathmandu.

Its powerful and terrifying pulsing shocks were felt across central and eastern Nepal, as well as much of the Ganges River plain in northern India. North-western Bangladesh, southern parts of Tibet and western Bhutan were also affected.

Two large aftershocks, with magnitudes of 6.6 and 6.7, shook the region within an hour of the main quake, and several dozen small aftershocks kept disaster teams on their toes in the days following.

The trail of death and devastation was immense to one of the poorest nations on the earth, where a quarter of the population live in poverty.

About 9,000 people were killed, many thousands more were injured, and more than 600,000 structures in Kathmandu and nearby towns were either damaged or reduced to rubble.

The earthquake also triggered an avalanche on Mount Everest which killed 19 climbers and stranded hundreds more.

On Tuesday, May 12th, a magnitude 7.3 aftershock centred 47 miles north-east of Kathmandu killed a further 100 people and injured nearly 1,900.

It took a fortnight for rescue teams to reach some of the remote villages in the earthquake zone when a more accurate picture of the earthquake's indiscriminate power emerged.

The earthquake produced landslides which had devastated rural villages as well as some of the most densely populated parts of the nation's capital. Debris from the 450-year old Hindu Taleju Temple and the nine-storey Dharahara Tower, which

has looked over downtown Kathmandu for two centuries, filled the streets.

According to the Government of Nepal, the cost of the earthquake was about \$10 billion, nearly half the gross domestic product of \$19.2 billion.

In the aftermath, the Nepalese government declared a state of emergency and deployed the Army to work with relief teams in rescue and recovery.

The United Nations quickly established a 'Nepal Earthquake 2015 Flash Appeal' fund to raise \$415 million.

Very quickly, India, China and several other countries including the United Kingdom, sent in aid and rescue teams.

Rotary International as the world's largest humanitarian organisation played a part in the helping with funds for the relief effort, and with clubs around the world playing practical roles by engaging with a multitude of projects.

Five years on, we reflect what has happened in Nepal, and what part Rotary has had with helping to rebuild this jewel in the Himalayas. ●

£1.13 million in grants to Nepal

Since 2014, Rotary clubs in Great Britain and Ireland have been involved with roughly 23 development projects in Nepal which have received a Global Grant from The Rotary Foundation. The total value of the projects is: \$1,377,221 (£1,134,830). Here are examples of some of the projects:

Club	Project	Grant
Aberdeen St. Machar	To renovate a guesthouse and train employees in Bandipur	\$97,293
Bath	To provide teacher training and equipment to six schools in Nepal	\$44,850
Brentwood a Becket, Essex	To provide education and support in order to reduce child trafficking from Makawanpur	\$54,472
Bristol	To provide a water tank, showers, toilet blocks, and renovation of buildings to supply a safe learning environment at one school in Taplejung	\$35,439
Church & Oswaldtwistle, Lancashire	To provide a water system to the school and homes of Maikot, Gorkha District	\$71,302
Cookham Bridge, Berkshire	To provide piped water, hygiene training, school improvements, and teacher training to Prithvi Rupa Secondary School, Rupa Village Municipality, Kaski	\$49,885
District 1190 (Cumbria & Lancashire)	To provide a gravity fed water system to 65 homes in Gorkha	\$56,689
Elgin, Moray	To provide training, improved water, and hygiene systems to communities in Taruka Village Development Committee	\$78,703
Ellon, Aberdeenshire	To provide equipment and training to two schools in Sindhupalchok and Nuwakot	\$53,927
Ellon, Aberdeenshire	To provide equipment and teacher training to improve the quality of education in Sindhupalchok District	\$47,517
Ellon, Aberdeenshire	To provide a vocational training team of primary teachers who specialize in education and literacy to train primary teachers close to Kathmandu	\$34,370
Hexham, Northumberland	To provide water and training to two schools in Khanigaun and Jaisitol villages	\$35,649
Jordans & District, Buckinghamshire	To provide stores of iodised salts and education on correct storage of these salts to six villages in Nepal	\$35,000
Kew Gardens, Surrey	To provide training and equipment in support of music therapy for people with special needs in Nepal	\$35,323
Kingswood, Bristol	To construct a Simple School for Shree Amarjyoti Basic School in Kaski District	\$63,324
Kirriemuir, Angus	To provide sanitation and hygiene training and facilities to six schools in the Syangja District of Nepal	\$149,071
Kirriemuir, Angus	To provide equipment and training in early childhood development to eight schools in Syangja District	\$58,262
North Wirral, Merseyside	To construct a simple school in Bung	\$89,124
North Wirral, Merseyside	To provide clean water and educational support to Shree Sagarmatha Higher Secondary School, Bung Region	\$53,030
Plympton, Devon	To provide support for English training to the Buddha Ma Vi Secondary School in Philim	\$62,750
Twickenham-upon-Thames, Middlesex	To provide teacher training and equipment to schools impacted by the 2015 earthquake in Nepal	\$49,750
Walton-on-Thames, Surrey	To provide 124 new toilets and 11 renovated toilets to schools in Nuwakot	\$62,991
Wollaton Park, Nottinghamshire	To support the education and clean water needs of the community of Mirge Village in Dolakha District	\$58,500



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Thank you Rotarians for helping to rebuild Nepal

Rotarian Tirtha Man Shakya is chair of the Earthquake Relief, Rehabilitation and Construction Programme for District 3292 which covers the mountainous regions of Nepal and Bhutan. Here, Tirtha offers an insight into how Nepalese Rotarians worked with the rest of the world in rebuilding his country.

IN the aftermath of the mega earthquake in Nepal in April 2015, affecting 31 out of 75 districts in the country, producing widespread destruction of household and public facilities, as well as the loss of more than 8,000 lives, Rotary International's District 3292 (Nepal-Bhutan) and 47 Rotary clubs took proactive measures to immediately mobilise internal resources, as well as resources from national and international organisations.

Following District 3292's appeal made through Rotary International, immediate relief assistance such as food, shelter, blankets, free medicine, and drinking water was provided by Rotary clubs.

After the initial relief stage, District 3292, through its clubs, continued to extend humanitarian assistance to affected families to address their immediate needs for temporary transitional shelter to help them cope with the impending monsoon season in June and July.

To address the longer-term needs of families affected by the earthquake, District 3292 formulated a five-year long-term plan called 'Earthquake Relief, Rehabilitation, and Reconstruction Programme' (ERRRP) to mobilise resources and to support the families affected in the 14 worst affected districts.

The District extended humanitarian support to build 3,800 temporary shelters, provide drinking water supply 



Help people in the world's poorest places See the Way to a brighter future – give before 12th May 2020 and every £1 you donate to our See the Way appeal will be doubled by the UK government.

Dear reader,

Life with cataracts has not been easy for three-year-old Leah, living in East Africa. Unable to see, every morning she sits on an old car tyre, hearing the sounds of her brother and cousins going to school. She feels left out and alone.

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Louise

Louise Shute
CBM Programme Manager

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and household sanitary facilities, and solar lights for about 3,800 families to last the monsoon season.

Similarly, a number of Temporary Learning Centres were also supported to allow the schools affected by the earthquake to provide continuous learning opportunities to children.

The devastating impact of the earthquake obliged Rotary and other humanitarian agencies to continue providing rehabilitation and reconstruction assistance for a longer period.



“Rotarians played a very vital role to help the earthquake victims by providing humanitarian support.”

The humanitarian contribution from donors received by District 3292 allowed it to support the reconstruction of 164 low-cost permanent houses and one community hall for the neediest families in a model Rotary village approach in the most affected districts of Sindhupalchok, Kavre, and Lalitpur.

For the construction of these 164 low cost permanent houses and one community hall, the ERRRP has spent 51.48 million Nepalese Rupees (NRs) (£360,000).

The District shifted its focus from reconstruction of houses to reconstruction of schools damaged by the earthquake where there was still a larger funding gap, after the Government of Nepal initiated a large scale programme for the reconstruction of homes for the families affected.

Accordingly, as of June 2019, District 3292 as part of the ERRRP, has extended support to 24 schools damaged by the earthquake with the reconstruction of 67 classrooms to serve approximately 2,000 students to have educational opportunities in a safe learning environment.

The Rotary District’s financial assistance for school reconstruction has succeeded in building a partnership with a wide range of partners, including local governments, in mobilising funds to match ERRRP.

For the reconstruction and renovation of these 24 schools, the total amount required was NRs 146.47 million (£1.04 million), out of which ERRRP has contributed NRs 60.13 million (£430,000) and the balance of NRs 86.34 (£610,000) was contributed by local Rotary clubs, local governments, school management committees and other organisations.

Rotary District 3292 still has a balance fund of NRs 37.67 (£270,000) to continue supporting the reconstruction of other schools in need. About 13 more schools can be reconstructed by this balance fund.

In this difficult time of the devastating earthquake of Nepal, all the Rotary clubs and Rotarians under District 3292 played a very vital role to help the earthquake victims by providing the humanitarian support in the form of cash, kindness and time.

Many of the overseas Rotary clubs and districts were also actively involved in this mission. The impact of the works done by the Rotary clubs is very visible at quake-affected areas. It was highly appreciated by the community, as well as local and central Government. ●

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How Rotary's Global Grants provided crucial investment after the earthquake

Gary Huang is the Chairman of The Rotary Foundation, and was President of Rotary International between 2014-15. Here, the Taiwanese Rotarian discusses Rotary's involvement in Nepal following the 2015 earthquake.



What is your assessment of the role and impact played by Rotary clubs following the earthquake in Nepal?

Soon after the earthquakes struck, Rotary clubs in the United States, Malaysia, Singapore, India, Bangladesh and others co-ordinated their support for immediate needs such as dry foods, tents, blankets, first aid kits and safe drinking water.

We joined with other international agencies in providing immediate relief to survivors through our partnership with ShelterBox and mobilised our expertise to support long-term recovery and rebuilding efforts throughout the country.

Global Grants were used for a variety of projects; how is the Nepalese earthquake an example of the impact which Global Grants can have?

The devastating earthquakes caused large-scale damage, many injuries and loss of life. In one small village, Khokana, about nine kilometres from the capital city Kathmandu, 550 homes were completely destroyed out of 900 households in the village.

Rotary members conceived a number of Global Grants which have had a notable impact, from community economic development, to water repair projects, to providing education to vulnerable children.

Here, I'd like to highlight two of these grants, proposed by the Rotary



Clubs of Patan (Nepal) and Mississauga-Meadowvale (Canada), for community economic development and repairing water systems.

First, one Global Grant aimed to strengthen the well-established Khokana Women Awareness Society (KWAS), and equip about 150 women who have been affected by the 2015 earthquakes with income-generating skills close to their homes.

As a result of this grant, KWAS will be able to maintain and expand its community outreach in the areas of maternal and reproductive health, and child-care.

They will also empower 150 women to become self-reliant by contributing to family income, rebuilding the community and overcoming the disaster. The indirect benefit from the extra income will be to



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lessen the risk of children dropping out of school to support household and income-generating activities.

At the time of writing, dozens of women have already been trained in productive economic activities, management, marketing, and expanding their existing links to markets.



“This grant will empower 150 women to become self-reliant.”

The second Global Grant which I want to highlight tries to address a major challenge that many communities are facing since the earthquakes - access to clean drinking water.

After the earthquake many age-old water sources that communities had relied on closed up, moved due to shifts in land, and needed repair. The disruption in water supply has a disproportionate negative effect on women and girls who are traditionally responsible for 75% of all household water management.

In some affected areas, the time taken to fetch water has increased considerably and lack of water has negatively impacted the sanitation and hygiene standards.

So, in response, the Rotary clubs proposed a Global Grant to assist three communities in improving, repairing or restoring their water sources to enhance the ability of community members to engage in economic activities.

Already, they have provided water pipes; constructed proper water tanks; and repaired and strengthened existing water

tanks to provide clean and safe water in three sites. They also conducted health and sanitary training in two of the project sites, and continue work to reach all the intended communities.

So, I think it's clear that our Global Grants can have an immense impact, in this case helping multiple villages in Nepal recover from the devastating earthquakes.

Do you agree with the suggestion that Rotary often operates under the radar at times of major humanitarian crisis, but its impact can be so great?

Our members mobilise quickly not only when a disaster occurs, but also in anticipation of future crises. With our global reach, our members have their ears to the ground. They live in these communities and they can know what their neighbours might need; what 



Work to rebuild Nepal has been hard and labour-intensive

the threats are to future stability.

We also have a new mechanism to augment our impact in response to disasters. Districts that have been affected by natural disasters can use Rotary disaster response grants to launch their own projects or work with established relief organisations to help their communities recover.

Grant funds can be used to provide basic items such as water, food, medicine, and clothing.

We know that we are most effective if we work with our expert partners, for example, ShelterBox, our project partner for disaster relief, to deliver emergency shelter and other lifesaving equipment to a family that has lost everything following a disaster.

Sometimes, because of the delicate nature of humanitarian assistance or unofficial diplomacy, our efforts may not make the front page of the newspapers.

Readers might not know this, but we have also played the role of mediator, for example, in the Balkans or during the Sri Lankan civil war, to negotiate days of tranquillity (in effect humanitarian ceasefires) which allowed health workers to vaccinate vulnerable civilians with life-saving polio drops.

But I can assure you that our impact

is not unrecognised, both by our peers and by the communities we serve.

Again last year Charity Navigator, a leading evaluator of charities in the USA, gave The Rotary Foundation its highest rating of four stars for the twelfth consecutive year.

In recent years, CNBC, a leading global media outlet, ranked The Rotary Foundation No. 3 on its list of “Top 10 Charities Changing the World”, and the Association of Fundraising Professionals - the world’s largest network of professional fundraisers - named The Rotary Foundation as the World’s Outstanding Foundation, honouring long-term achievements that have made a significant impact upon society.

How important is The Rotary Foundation to the work and reach of Rotary?

If our members formed the original social network, connecting people for good, then our Foundation is a 100-year-old social impact incubator, changing millions of lives.

The Rotary Foundation is how our dreams of a better world come true.

Thirty years ago, we spearheaded the movement to end polio, and

working with our dedicated partners, we have raised \$1.9 billion for the cause.

By collaborating with national governments around the world, our initiative is vaccinating 400 million children a year. We now stand closer to ending polio than we ever have before, but we will not rest until polio is eradicated for good.

Through the Foundation’s Global Grants, Rotarians apply their leadership skills and passion for service into projects that are changing lives.

We fight disease, provide clean water and basic sanitation, and support education projects of all types. We mentor local entrepreneurs to grow economies and organise projects that save children at risk of malnutrition. Our training programmes are preparing the next generation of peacemakers.

And I fully believe that our Foundation can be the engine to power even more outstanding humanitarian service well into the future. ●



For more information visit:

www.rotary.org/foundation

FACT FILE

ROTARY FOUNDATION

- The Rotary Foundation is Rotary’s charity, formed by the organisation’s sixth President, Arch C. Klumph in 1917.
- Established at the tail-end of the First World War, the mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill and peace through the improvement of health, the support of education and the alleviation of poverty.
- The Rotary Foundation has grown from an initial contribution of \$26.50 to a \$1 billion programme.
- Humanitarian grants from The Rotary Foundation enables Rotarians to support service projects which provide water wells, medical care, literacy classes and other essentials to people in need across the globe.

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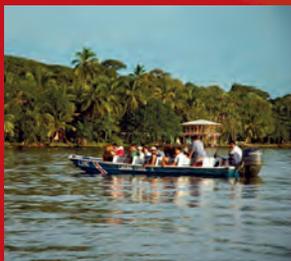
If you're searching for some inspiration, Costa Rica's magnificent eco-wonderland is not to be missed, nor its rainbow-coloured wildlife and palm-fringed beaches. Meanwhile, be astounded by the magnificent beasts in Kenya's best wildlife reserves including Maasai Mara and Amboseli.



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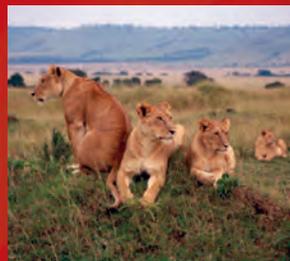


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perfect moments shared

We kept our promise to rebuild a school from the rubble

When the 7.8 magnitude earthquake struck Nepal at 11.56 local time on April 25th, 2015, it devastated a whole nation. Michael Fernando from Yeovil Rotary in Somerset tells the story of how his club was at the forefront of a major school rebuilding project.

HELAMBU is a picturesque region of highland villages in Nepal, about 80km from the capital Kathmandu.

When the earthquake struck in 2015, it destroyed five schools in the area. The impact was devastating; lives were lost, buildings reduced to rubble and many of the villagers fled to Kathmandu.

Now they are returning, as villages in the area are being rebuilt with international humanitarian organisations such as Rotary working closely with the community.

It was in March 2017 when Stewart Cursley of Rotary District 1200 (Somerset, parts of West Wiltshire and West Dorset), issued a challenge to future club presidents, to come up with an idea for a District international project.

Two clubs put forward ideas: Yeovil Rotary suggested rebuilding a school, destroyed by the 2015 earthquake in Nepal and Yeo Vale Rotary suggested refurbishing wells in Uganda. Both projects were taken on.

One of our Yeovil Rotary Club members, Luke Simon, is also Chief Executive of the charity School in a Bag, and I had chatted to him about possible

international projects to support.

Luke had contacts around the world with his charity and had been particularly moved to support the rebuilding of a school in Nepal after hundreds had been destroyed there by the earthquake.

He had already been involved with an Inner Wheel project to rebuild another school in the country with Jimmy Lama, from the Helambu Education and Livelihood Partnership (HELP) and Mondo Challenge.

Luke knew it could be done, since that project had been completed successfully, and one of those involved in the project group, Simon Slade, was also Chair of International Projects at Yeovil Rotary.

Everything was falling into place.

We spent a considerable amount of time picking a suitable school to rebuild.

The specifications were that the school had to meet local and international earthquake resistance standards.

After much deliberation, we decided to rebuild Shree Saraswati School in Helambu Province.

The plan was for a two-storey, six classroom, steel reinforced concrete structure building, with brick walls.

The budget for the school was around

£64,000. At the time it seemed like a mammoth task, particularly as complex school buildings were not eligible for Rotary Foundation support through the Global Grants system.

This new school would replace the temporary learning shelter which was built soon after the old school was destroyed in the earthquake.

Nonetheless, a promise had been made to the villagers that we would do everything we could to fund the school.

We spoke to clubs in the district for support. We put on curry nights, Italian nights, coffee mornings and sought support internationally and outside of the Rotary network.

Our partners, Mondo Challenge, raised around £30,000 through a grant. We received donations from Rotary clubs in Australia, India and Bromley, as well as from clubs throughout District 1200.

The buildings were designed using sophisticated software, which helped to model an earthquake-resilient frame structure.

Reinforcements to the classroom building had been developed in line with structural analysis and modelling conducted through this software. Red



Schoolchildren are now enjoying their education at the Shree Saraswoti School in Helambu Province

bricks were used for the infill wall.

We ensured the bricks were of the highest quality. In addition, the infill wall system was strengthened using earthquake-resilient steel bands which tied the wall to the frame.

Construction work started in May 2018 once enough funds had been raised. Incoming President of Yeovil Rotary, Caroline Ansell, very kindly led on the Nepalese school project, and the district extended it as one of its international projects for the Rotary year 2018-2019.

The monsoons came early, so further work was delayed until November 2018. The local school management committee took the key lead on construction, overseen by Jimmy Lama from HELP.

They employed up to 15 local skilled and unskilled workers each day. The workforce included trained masons, including at least four villagers who were trained at a Masonry Training Programme set up by HELP. A full-time site engineer supervised the building work for six months.

Once the ground had been levelled, the foundations were created and steel reinforced concrete columns placed,

forming the main structure of the building.

Brickwork was then laid on the ground floor forming the exterior walls of the classroom block, followed by slab casting in February 2019. The structural work on the second floor was completed by mid-April, including installing the roof. The plastering of the exterior and the interior walls, covering the brickwork to allow for painting, was completed by mid-May.

Each of the classrooms on the upper floor was installed with a false ceiling, allowing for temperature regulation and reducing noise levels. Between the false ceiling and metal roofing, mesh netting was installed to block off birds and other wildlife from entering, whilst still allowing airflow.

All classrooms have been fitted with electricity and lighting. The interior and exterior walls of the building were painted, and the classrooms were furnished with desks, benches and whiteboards ready for opening on May 26th, 2019.

But that wasn't the end to the school rebuilding project. A new toilet building was also built with a sophisticated septic tank situated 100 metres away so that the waste is treated and the liquid waste can

be used for other purposes, such as biogas.

The toilet building was built in partnership with an organisation called Healthabitat, which made both financial and technical contributions. The school management committee has been provided training as well as a tool kit for repair and maintenance, in the future.

As of June 2019, there were 133 children attending Shree Saraswoti School.

Fifty children who completed their primary education have moved to a nearby secondary school.

In future, the school aims to find enough manpower to run classes up to grade eight so that children can be retained at the school up to full basic education. There are four government-funded teachers at the school.

HELP has recently placed two additional teachers at this school.

Years of planning finally came to fruition on May 26th, 2019, when the new school was officially handed over to the children and I, along with Caroline Ansell, were honoured to attend on behalf of Yeovil Rotary and District 1200. ●



Rotary GB&I President
Donna Wallbank

Let's be mindful



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OVER the last few months, I realised I was using the term 'being mindful' or just 'mindful' within my vocabulary.

It was strange how people noticed it in conversation, presentations and day-to-day life. But I wasn't aware of this until a friend's banter brought it to my attention.

So why was that word being used in my communication?

Maybe because I was mindful of my own actions, mindful of how we are perceived by those unknown to me or you.

Or was it because I was mindful of my own needs, my own health and mental well-being, whilst also being mindful of the needs of those around me?

Mindfulness is important, for our own judgments or assumptions. That we should be mindful of how our beliefs will not be the same as another. Or even mindful of our individual or collective actions with the affect it can have on others.

Importantly, we should be mindful that society has changed and its needs will continue to change. In the 21st century, we must be mindful that what we say, do, write or even how we act. Mindful that the humour which we once laughed at, is now not acceptable in polite societies. Integration of all in society is required since what was once acceptable may not be now.

Society has changed, so we must be mindful of the interpretation of our actions, both good and bad.

Mindful that technology can track what we may have written, or what was captured by a picture or a video to celebrate or denigrate, how this can be used and how it can have affect others.

Mindful, that seeing or hearing words which are not meant to scar or hurt, but knowing they sometimes do, reminded me of the childhood rhyme, *Sticks and Stones can break my bones, but names will never hurt me...* I believe that's not true because words can hurt.

Words leave scars. What was not meant to hurt sometimes does, from childhood to old age. When we act mindfully, we are less likely to be judgmental or defensive, but more likely to be objective in our interpretation of the actions of others.

We must be mindful that what we believe to be true, may not be seen as the same from another side. Mindful that what we see, may not be what is real; that the mask a person exhibits can be hiding a multitude of worry, stress, angst and hurt.

Mindful that our actions can add strength to someone in need, when we are kind in word and deed. Mindful that our individual actions can bring together a strength for us, our family, communities and society as a whole.

Together, we are stronger.

We should be mindful of our community's needs, our service opportunities and everything we do in our daily lives - at work, at home or in our hobbies.

Remember, the impact we make when we work together is creating a greater good.

And maybe, for us all, but particularly for members of the Rotary family, we should be mindful in all we do, judging ourselves against Rotary's Four Way test, rather than judge others.

I am mindful how the great work done by Rotarians is invaluable to their communities. I am proud to see and hear support given to those with differing needs to our own.

Importantly, I am mindful that Rotary membership is the greatest gift bestowed on me other than having my family.

And I am mindful that we should extend a hand of friendship so that others are enabled to be part of all we enjoy and do. ●

 For more information visit:
www.rotarygbi.org

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Mark Maloney
Rotary President 2019/20

ISPEND a lot of time thinking of family, not just my own or the extended family of Rotary, but also the families we are helping in the communities we serve. In many parts of the world, mothers and children face challenges to survive that most of us will never comprehend.

According to the World Health Organization, the risk of a woman in a low-income country dying during pregnancy or childbirth, or from related causes, is about 120 times higher than that of a woman living in a high-income country. It is encouraging that infant mortality rates are declining globally, yet four million babies annually still die within the first year of life.

In April, Rotary turns its attention to maternal and child health. And when we think of what we can do to help, we can look to clubs like the Rotaract Club of Calabar South-CB, Nigeria, for inspiration.

It teamed up with the Rotaract Club of Canaan City (CB) in a programme focused on educating mothers on best practices to prevent infant mortality and promote postnatal health for themselves and their babies. I encourage you and your club to go to ideas.rotary.org to find projects like this that are helping to save mothers and children.

We also have witnessed how millions of people - families and entire communities - have been ripped away from their homes because of conflict, poverty, and disasters during the past decade. But Rotary has not stood idly by during the global refugee crisis.

The challenges faced by mothers, their children, and refugee communities around the world are daunting.

But when we remember our greatest strength - how Rotary Connects the World - we can begin to find solutions.

Through our creativity, our resources, our dedication, and our networks, Rotary can and will open opportunities to face these challenges. ●



Gary C.K. Huang
Trustee Chair 2019/20

PERHAPS the most fulfilling of all human endeavours is to give back, and Rotary offers countless opportunities to do it, such as donating to The Rotary Foundation. Each Rotarian and club can choose the level of Foundation giving that is right for them.

When you give \$100 or more per year to the Annual Fund, you can become a Rotary Foundation Sustaining Member.

Multiply that gift by 10 and you are a Paul Harris Fellow - one of those who donates \$1,000 or more to the Annual Fund, the PolioPlus Fund, or approved Global Grants. Since 1957, there have been more than one million Paul Harris Fellows

And when Rotarians give \$1,000 or more to the above annually, they become Paul Harris Society members.

Let's multiply by 10 again. Rotarians who commit to future gifts of \$10,000 or more to the Foundation join the Bequest Society. Major Donors are those who have already given \$10,000 or more to our Foundation. I am still proud of how we added 106 Major Donors in Taiwan during Rotary's centennial, exceeding our goal of 100. Together with the 103 additional Major Donors recruited the following year, they contributed more than \$2 million to the Annual Fund! The gifts these donors make can change entire communities.

The Arch Klumph Society recognises the highest level of giving at Rotary, at \$250,000 or more, touching hundreds if not thousands of lives for generations to come. This month, I salute the 11 individuals and couples recognised during the International Assembly for increasing their giving level within the society.

Now, imagine what your club can do, what contribution you would like to make, what legacy you would like to leave, and find a giving level that works for you.

Whatever you choose to give, whatever goal your club sets, remember that the gifts we give today will help Rotary and the communities we serve this year, next year, and beyond, in ways we may never know. ●



Tony Black
RI Director 2019/21

IN the last few days, we are having meetings cancelled, fund-raisers cancelled. In fact, what has not been cancelled? The challenges we all face are enormous, and we seem to be helpless against the coronavirus - COVID-19.

I, for one, am not sure what to do - no Rotary, no sport and a situation and advice that is changing, it seems by the hour.

But we are Rotarians. No matter our age, surely, we can help our loved ones and those in our communities who may or do need our help.

Firstly, and foremost, we need to keep ourselves safe and heed the advice of our governments. Then I believe we should be looking at ways we can help - depending on our own circumstances.

If you need to self-isolate and have been told to do so, then please heed the medical advice. But if you are able to get out, so long as you are healthy, and not a danger to others, then consider ways of serving Rotary well.

Check with the older members of our communities and see how we can help them, such as collecting groceries.

Many are isolated whether voluntarily or enforced. Why not visit and have a chat - even at a distance of two metres on a doorstep. Work with your local foodbank who need volunteers and/or food.

As the weather improves, volunteer to take someone out to gardens and places of interest. Could you help our hospital staff/volunteers, assist in local care homes by providing games and music?

Maybe set up a WhatsApp group in your local community so people in need of help locally can ask. Use the telephone or digital apps to connect with those who are isolated. Please look at ways in which you and your club could help, even a smile can make a big difference.

We as Rotarians are capable of many things and one of those is resilience. Let us get out there and help our fellow citizens to overcome/cope with COVID-19.

Whatever you do, please stay safe and please follow government advice. ●



Thanks to the work of Dr Dormon and the Poole Africa Link medics, staff in Uganda are working to the highest standards

Getting back to basics

Dr Frankie Dormon has been at the heart of a maternity project to Africa for the past decade which has been closely supported by Rotary clubs in Dorset. Here she tells the story of their journey.

POOLE Africa Link has been sending teams of doctors and nurses from Poole Hospital to work in Africa for over 10 years.

Initially, the project was with Wau Hospital in South Sudan, where teams from Poole Hospital would fly out to provide training for up to three weeks at a time of key medical staff.

There, the hospital had nothing, and our efforts were towards teaching the basics - hygiene, how to make basic clinical observations, and how to use oxygen.

There are many charities which visit for short trips, or people who work for longer periods of time. All these groups

make an important contribution. The other type of contribution is equipment.

Unfortunately some people in the UK have not understood the fragile situation in Africa.

Often the equipment which is sent is unserviceable and ends up in a cupboard. CT scanners and X-ray machines which need electricity, syringe pumps which need single-use disposable items to function, or ventilators which need staff with the necessary expertise, 24 hours a day.

Our fund-raising goes towards flights and accommodation in Africa. We also manage to raise enough for small items such as watches, thermometers, blood pressure monitors and fetal stethoscopes.

With our extensive experience, we buy items which are appropriate and affordable, but sometimes we need a little help for the more expensive items.

Rotary has been very supportive to us over the years by helping to fund these more expensive items which we have identified as being both useful and functional.

Thanks to North Dorset Rotary, we have been able to buy equipment such as oxygen concentrators, which make oxygen available without expensive cylinders, solar fridges which keep drugs, insulin and vaccines at the correct temperature without the need for a constant power supply.

Five years ago, the political situation deteriorated in South Sudan and we had to

find an alternative country to operate from.

We were introduced to Lira University in the north of Uganda, which had just started training midwives and public health clinicians.

Since we started working with them, they have built and equipped a new University Hospital of 100 beds. Uganda has attracted significant funding in the past, but nearly all of it has been concentrated in the south of the country, mainly Kampala. The need for support outside the main cities remains huge.

Again, our priority has been to concentrate on the basics, but Uganda is further advanced and we support the teaching of the midwives to a high standard.

Our focus has been in line with World Health Organization goals, such as safe surgery and safe obstetrics with midwifery training. We teach basic and advanced midwifery, ultrasound skills, recognition of a deteriorating paediatric and adult patient, and how to manage emergency situations.

We also work with the local tutors, developing their teaching methods with more scenario-based training, providing them with updates of UK developments.

We also teach leadership, communication skills, human factors training, infection control strategies and safety initiatives. On our last visit, we clocked up over 200 hours of formal teaching between team members.



“Some people in the UK have not understood how fragile it is in Africa.”

The new hospital is starting to take patients. Once fully operational, the students, doctors and midwives will gain experience in a far better environment than the local government hospital.

Lira University Hospital will be a beacon for northern Uganda, well equipped, working to high standards and staffed by well trained doctors and nurses. There are also plans for a medical school.

This year, alongside the opening



The Dorset-based team have been training Ugandan health workers basic and advanced midwifery

of the new hospital, our focus has been on the recognition and management of sepsis, including hand hygiene, and the appropriate use of antibiotics.

We have spent significant time with the doctors, nurses and students, teaching them about the need for a drug prescription/administration chart on the wards, so everyone can see what has been given and when.

There are no medically qualified anaesthetists, so anaesthesia training is very important for the two anaesthetic nurses. We also teach the basics of anaesthesia to the midwives, who can then provide educated support with monitoring patients, particularly after spinal blocks for caesarean section.

There is huge scope in the future for developing short training videos for the relatives, teaching them how to care for their relatives with feeding, washing and general hygiene, turning them in bed, and helping them to be mobile.

There are very few nurses, so the attendants are a valuable resource for basic nursing care.

There is always something that we would love to source for them. From

ultrasound machines, ECG machines, oximeters, operating theatre patient monitors.

Last year, with the help of Wareham Rotary, we were able to purchase a Glostavent anaesthetic machine, designed for use in resource-poor countries.

It works with an oxygen concentrator, and has in-built batteries to function for a further 30 minutes in the event of a power outage.

We recently returned from Lira with such a feeling of achievement.

The Glostavent anaesthetic machine is working well. Our teaching was so well received and the students are enthusiastic about their future and confident that they will get good jobs.

In addition our UK volunteers learn about themselves and find they are re-energised for their work in UK, really appreciative of the NHS and what it can offer. ●



For more information visit

Poole Africa Link:

Web: www.pooleafricalink.org.uk

VOLUNTEER EXPO

POSTPONED
NEW DATE 7-9 MAY 2021

JAMES BOLTON

Maintaining the vision and looking ahead to 2021

Following the impact of coronavirus (COVID-19) on events across the world, the difficult decision was taken to postpone Volunteer Expo, but sights are firmly set on bringing the event to life on the newly confirmed date of 7th - 9th May 2021.

In times of uncertainty and struggle, it is often volunteers who step up to the plate to make an added difference to support those in need.

In the face of what has been described by Prime Minister, Boris Johnson as the “worst public health crisis in a generation”, the impact of volunteers, watchful neighbours and caring colleagues is unlikely to lessen as the United Kingdom, Ireland and the rest of the world attempt to deal with the coronavirus outbreak.

Volunteer Expo, the new, national volunteering show, hosted by Rotary in Great Britain and Ireland and scheduled to have been taking place in May, is one of hundreds of large events up and down the country which has succumbed to a postponement as a result of the outbreak.

It wasn't a decision taken lightly, but a decision nonetheless that puts the health and safety of everyone associated with Volunteer Expo, first.

For every media story of panic buying, there is sure to be another, perhaps of a community group mobilising to collect essential supplies or prescriptions for those in self-isolation, probably not getting the same level of coverage.

“

“It wasn't a decision taken lightly, but a decision nonetheless that puts the health and safety of everyone associated with Volunteer Expo, first.”

The need for the selfless actions of volunteers will not go away. It may even increase.

That's why Rotary, and the team behind Volunteer Expo, remain totally committed to maintaining the vision of bringing to life a show to celebrate volunteering, civil society and the impact of not-for-profit organisations.

We have a clear plan and direction, with **Volunteer Expo now taking place from 7th - 9th May 2021**, remaining in Hall 2 at The NEC, Birmingham as originally planned.

We are delighted that even with a postponement, the support, enthusiasm and necessity for this event remains

incredibly strong. The event's speakers, including headliner Frank Bruno, and partners are fully on board. The hunger for this event across the voluntary sector has not diminished.

Our exhibition of leading local, national and international charities and organisations will also stay in place, alongside a terrific line-up of workshops covering everything from digital fundraising to mental health, and mobilising community volunteers to emergency first aid.

In fact, we're determined that the extra 12 months of planning will present even more opportunities to bring exciting, informative and inspirational activities to those coming to visit us. It will be worth the wait.

The ability to book your free tickets to Volunteer Expo 2021 is up and running and exhibition opportunities are available for any charities or community interest groups looking to raise their profiles and meet new supporters.

Stay safe, and we look forward to seeing you in 2021. ●



Find out more:
www.volunteerexpo.co.uk

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Recycling computers has transformed the lives of school children in Africa

Rotary can connect the world through e-technology

IT Schools Africa is a UK registered charity founded in 2004. Lucy Pollock, explains about its mission to provide quality education through technology to schoolchildren in Africa, as well as working on community programmes, primarily in Gloucestershire.

THE seed for IT Schools Africa (ITSA) was sown more than 17 years ago, when an old computer was thrown into a skip.

Monis Khalifa, ITSA's Information Technology Manager was working on a small industrial estate in Leckhampton near Cheltenham, where he watched as the computer was dumped and thought to himself, is there not a better way to recycle old computers?

He mentioned this to his friend and Rotarian, Michael Ratcliffe, a member of Cheltenham Cleeve Vale Rotary, and between the two of them, they decided that there definitely was a better way - to send them to African schools!

According to the International Telecommunication Union, a United Nations organisation which is committed to connecting the world, only 9.2% of households in Africa in 2018 had access to a computer. That's compared to over 75%

of households in Europe.

Despite the high proportion of computer access in Europe, amazingly just 8% of the UK's population has no basic digital skills, according to Lloyds Bank's Consumer Digital Index.

ITSA reuses computer equipment donated by UK schools and businesses and sends the equipment to schools in Africa.

The charity's mission is to provide quality IT education through access to e-learning technology for schoolchildren

in Africa.

In the UK, we are supporting disadvantaged individuals from varying backgrounds through the UK Community Programmes.

The charity's vision is for students in Africa and communities in the UK to benefit from fully functioning e-learning technology, which offers life-enhancing knowledge and skills, access to further education, and improved opportunities for employment.

Based in Gloucestershire, we are mainly run by volunteers who re-cycle IT equipment to send to educational establishments and IT training projects in Africa. There, these projects are run by local people who understand what works best for their area.

The UK operation is supported by the charity's prison programme which provides skills for prisoners who help to refurbish the computers. This programme is also supported by community volunteers, young people out of work and students at school and university, gaining valuable work experience.

ITSA is committed to improving digital inclusion in its local community.

It provides IT equipment to small charities and community centres, and has recently opened a digital training centre, TECH Connect next to its Leckhampton offices near Cheltenham. TECH Connect provides free training to improve skills and confidence in digital technology.

Since 2004, ITSA has collected over 90,000 computers and laptops in the UK, supplied more than 1,800 schools, installed 24 e-learning labs and given access to IT to five million schoolchildren.

These centres, with 40 to 50 computers, have a transformational impact on the students, enabling children to use a computer by themselves, significantly improving their digital skills and enhancing their school education.

The charity's programmes in Kenya, Malawi, Zambia and Zimbabwe ensure that the equipment is distributed to schools, providing technical assistance and basic IT training for teachers.

From the early days, ITSA has been



Thanks to the programme, African children can now embrace the mobile generation

lucky to receive the support of Rotary clubs in Gloucestershire.

Around Christmas each year, several Rotary clubs hold a collection at their local Tesco store for people to donate their old IT equipment.

In the 12 years which Rotary has supported ITSA, the clubs have collected 2,949 computers and laptops, giving access to IT education to some 250,000 students.



“Only 9.2% of households in Africa had access to a computer.”

Rotary's help has been invaluable to ITSA's ongoing challenge to supply schools in Africa - not only giving more people an opportunity to donate their equipment, but also raising awareness of the huge need in Africa which IT Schools Africa is addressing.

The charity provides refurbished IT equipment to a number of community-based organisations in Gloucestershire.

This enables their users, many of whom are vulnerable and disengaged from

society, to gain vital digital skills and access to online services.

In addition, TECH Connect, the charity's new digital training centre, is helping local people develop their skills and confidence using e-learning technology.

As technology and consumer usage changes, ITSA faces a challenge to acquire enough equipment to send to Africa.

We are constantly short of equipment to fulfil shipments destined to Kenya, Malawi, Zambia and Zimbabwe and other small digital projects in the continent. ●



For more information visit

IT Schools Africa Link:

Web: www.itschoolsafrica.org

Email: contact@itschoolsafrica.org

Phone: 01242 228800

Be 21st century relevant

THE organisation of Rotary has to change to adapt to the rapidly evolving lifestyle and workplace balance, plus the demands which Rotary makes on family life.

We have to attract busy men and women to our ranks if we are to continue to provide and maintain an effective Rotary presence in our local communities.

Importantly, Rotary is ideal for the good health and wellbeing of retirees, by keeping them actively involved in community activities in friendship, fellowship and association with others.

Therefore, perhaps we should set out to attract more from the retired age group by publicising the benefits of membership for retirees. Retirees are probably more inclined to want to meet at lunchtime, which would not be so convenient for the majority of people at work.

For those at work there is a need for meetings to be at a time and place most convenient for them, probably early evening, or perhaps a weekend.

Also, for all members, there needs to be an understanding that attendance should be when work and family commitments permit.

And I would suggest no-one should be barred from membership who finds that commitment difficult but who, nevertheless, still wants to participate and to be involved.

So, as the story unfolds, one is drawn to the increasing need to provide separate meetings for both retired and working members, if we are to maintain an effective Rotary presence in our communities.

This can be solved by clubs forming satellite clubs, for members who cannot attend their regular meetings.

They are ideal for those at work, while the parent club can continue to cater for those in the retired group and those at work who may be able to attend their

regular meetings.

It has the advantage of the club's satellite, with its own officer structure for organisation, management and liaison, being able to carry out its own programme of activities. But this arrangement also has the ability for the parent club and its satellite to develop a close and harmonious working relationship by working on projects together.

Reassuringly, it also provides for the long-term continuity of the parent club. Some clubs are already operating on that basis.

Rotary isn't finished, it has too much to do! But we do have to adapt and change to serve the needs of the society in the 21st century and to maintain the Rotary ideal of 'service above self'. This means all of us putting our shoulder to the Rotary wheel to turn it up a notch or two!

George Mercer
Cardiff Rotary

Love the print edition

HAVING just read through the December edition of *Rotary* magazine from cover to cover, it is the best edition in living memory. I haven't been so proud of being a Rotarian for ages.

It was a wonderful bonus seeing the Bourne End & Cookham peace garden feature - and thank you for that!

And I absolutely agree with the sentiments about reinstating paper editions, and bravo for putting it so forthrightly. Social media is all very well, but it's not called 'weapons of mass distraction' for nothing.

Properly used as part of the marketing mix, it is fine. But aside from those genuinely vocationally-skilled, there are precious few leading Rotarians who have the first idea about marketing skills.

It is an idiotic mistake for the 'experts

at everything' to go blaming well-intentioned clubs, who are trying their best, for the decline in membership.

More grist to your elbow, Dave, Rotary is so lucky to have you on board.

Keep up the excellent work of setting a good example!

Liz Yardley
Bourne End & Cookham Rotary

I don't like your tone

I WOULD like to take issue with the tone and content of your editorial (*Rotary*, December 2019).

There is the issue of whether the magazine should be produced in written form and then distributed to every individual at significant cost. Personally I am of the opinion that it should not, for all the reasons that are well documented, but as we are meant to live in a democracy we will see over the next few months how many Rotarians are in favour or otherwise.

Reduce, Reuse, Recycle, also known as the 3Rs of recycling, are the three ways in which you can minimise the impact on the environment caused by the materials that you use in your everyday life.

My other issue is the dismissive tone that you use for the 'One Charming Rotarian'.

Whether or not you agree with their opinion there is no justification in you using your column to belittle them and their opinion. It is your comments, not theirs, that reinforces the image that Rotary is an out of touch anachronistic organisation at a time when we are trying to be as inclusive as possible.

Steve Illman
Marlow Thames Rotary



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Beware carbon footprint

I APPROVE of your decision to put a print edition in our hands and of the efforts you are taking to minimise the environmental impact of publication.

I completely understand the drive to go paperless and online, but I suspect that many people are not aware of the downside of online transmission in terms of climate change.

I have been researching this topic and it has led me to some unexpected sources of data.

Sending this email to you may have contributed 0.3 grams of CO₂. This sounds completely innocuous, but each day approximately 235 billion emails are sent and received and Google processes 40,000 web searches per second.

The global carbon footprint from just spam, annually, is equivalent to the greenhouse gases pumped out by 3.1 million cars using two billion gallons of fuel in a year. Emails with attachments contribute more greenhouse gases than this short email.

The development of the communication technology means that more detailed documents can now be sent electronically, with better quality, and faster.

Let me take one aspect of this growth: this is the unexpected source. Pornhub publishes a detailed technical report each year.

The 2018 report reveals that Pornhub's bandwidth usage last year was 4.403 petabytes. Most people are used to kilobytes and megabytes, maybe gigabytes.

A petabyte is far larger: 10¹⁵ bytes, or 574 megabytes each for every man, woman and child on the planet in one year. Pornhub alone, last year used more internet bandwidth than the whole internet in 2002.

In comparison, transportation produces about 15% of global emissions, of which 2% is from the aviation industry.

Total information and computer technology produces, at the moment, 4% of global greenhouse gas emissions. This is because of the need for ever-larger capacity servers needing power to run and to provide their air-conditioning.

This 4% figure is increasing by 5% to 7% each year, cumulatively!

At that rate ICT will be contributing between 11% to 17% of total emissions by 2040: more than transport, certainly more than flying for business, or on holiday.

How long before demands for rationing move on from air travel to IT?

Alan Hawkes
Saffron Walden Rotary

Print is not dead

I HAVE just read *Rotary* magazine, and I agree with you that print isn't dead, it's just part of the mix for getting a message/story/article/news to an audience.

My family and I, started a local website in 1998, Rochdale Online: www.rochdaleonline.co.uk Incredibly, the audience for the site is still growing, and currently averages over 192,000 unique visitors a month.

However, last year we started a print magazine, Real Rochdale: www.realrochdale.co.uk which residents love, and gives us an opportunity to show all the positive things which are happening in Rochdale, and the people of Rochdale.

Whilst I love being able to read the news online, usually the BBC, I still like the touchy, feely, of a printed book or a magazine.

Regarding the *Rotary* magazine, I am just trying to work out how to promote my club on the magazine, and where to leave it.

Pauline Journeaux
Middleton Rotary

Magazines at the dentist

THANK you for publishing the article on our Yorkkits project, it gave me so much pleasure to see it.

And secondly, thank you for the brilliant idea of sending a copy of *Rotary* magazine to every Rotarian in Great Britain & Ireland.

I totally agree with you on the need to keep in print as well as online, and I hope that this initiative will reap many benefits for us.

My copy of the magazine is now being read in the dentist's waiting room!

Issy Sanderson
York Ainsty Rotary

Respect for nature

I WANTED to thank you for 'And Finally' published in December's *Rotary* magazine.

In recent months, I have maintained signs in both my chiropractic clinics in Brentwood and Billericay, Essex, promoting events set up by Rotary in my area.

But, on the back of your comments, I will now look to have a more prominent fixture up, maybe even a plaque, in each of our clinics.

I also now have *Rotary* magazine in my reading area. In any decision making choice, the pros must outweigh the cons.

I think having a magazine that is produced with as much respect to nature, as you point out, projecting great inspiring stories of humanity, is what we ALL need more of in the future!

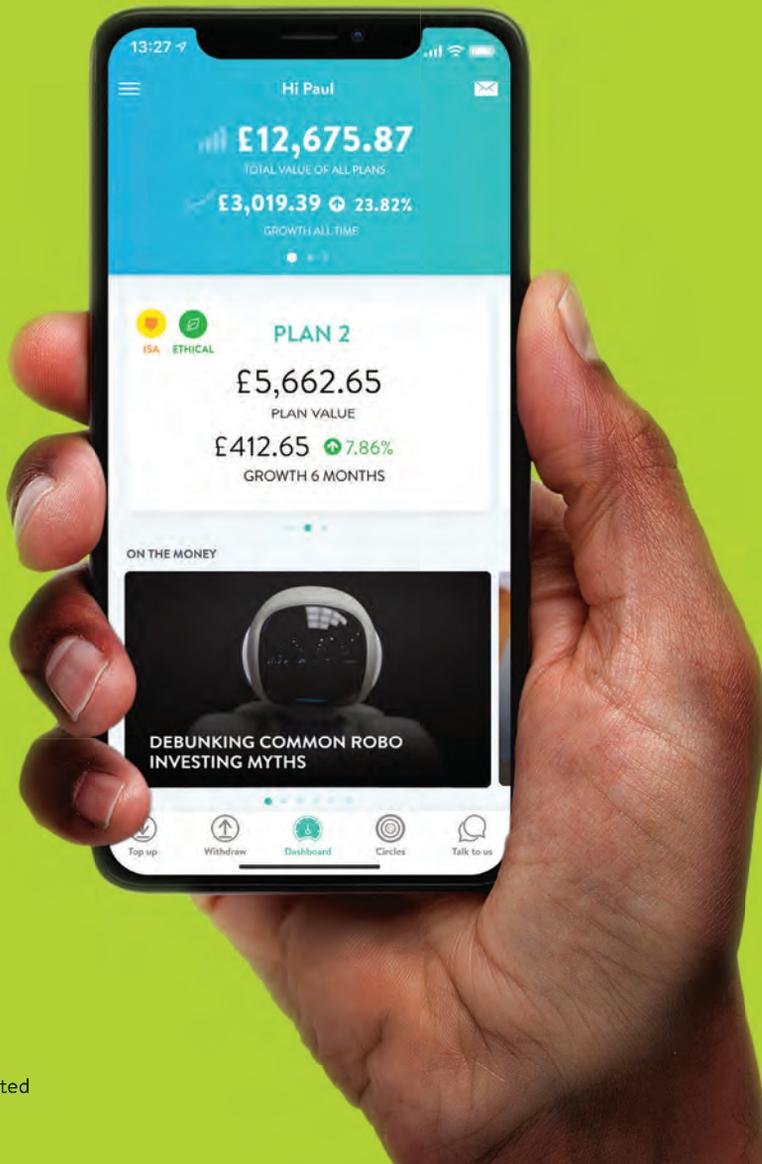
Grayson Nolan
Director of The Chiropractic Centres -
Billericay & Brentwood

We welcome your letters on any subject to do with Rotary. Submissions should not be more than 250 words long. Please include your name and address. Email: editor@rotarygbi.org or post to: *Rotary* magazine, Rotary in Great Britain & Ireland, Kinwarton Road, Alcester, Warwickshire B49 6PB. The comments made on this page do not necessarily represent the views of Rotary in Great Britain & Ireland and Rotarians.



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Putting Rotary in the picture

We've got three great prizes to offer for our Rotary Vision 2020 photographic competition and the possibility of your image featuring on the front cover of *Rotary* magazine.

HAVE you got what it takes to be a winner of Rotary Vision 2020? Because we're looking for the best images showcasing the amazing work of Rotary and Rotarians.

Rotary Vision 2020 is a fantastic photography competition where we are inviting you to submit your best pictures which best capture the theme: **Rotary - People of Action.**

Up for grabs are three fantastic hotel stays for two people, courtesy of McMillan Hotels, with some special activities thrown in. And the best image will be featured on the front cover of December's issue of *Rotary* magazine.

You don't need the most expensive camera with the finest lenses to take part, you can use a budget compact camera or your mobile phone. And you don't need to be a Rotarian either, the competition is open to anyone – just stick to the Rotary theme.

The key is the content and composition – capturing an image which doesn't require any words, but which captivates the subject and tells a story.

And at the heart of that story is the theme: **Rotary - People of Action.**

Be creative, have fun, and let's showcase the very best of Rotary, and please send just **THREE** of your best images.



Cally Palace Hotel & Golf Course, Gatehouse of Fleet
Fernhill Hotel, Portpatrick
North West Castle Hotel & Golf Course, Stranraer

How to enter:

- The theme of the competition is "Rotary – People of Action."
- Email up to **THREE** image(s), with captions, to: editor@rotarygbi.org
- Photographs must have been taken since April 1st, 2019.
- Write in the email header: **Rotary Vision 2020**
- Include within the body of text: your name, address, Rotary club (if applicable) and a short description of the images.
- You must be over 18-years-old.
- The closing date for entries is: **Monday, August 31st, 2020.**

Basic rules:

- By submitting up to three photographs, you represent and warrant that your photographs are in compliance with the official rules. All photographs will become the property of Rotary International in Great Britain and Ireland (Rotary) and will not be returned.
- Your photographs must be your original creation.
- You must hold all rights to the photographs, including copyright.
- Only photographs saved in a jpg or jpeg format may be submitted.
- Photographs may be in colour or black and white.

- Photographs must have been taken digitally since April 1st, 2019.
- If your submission includes images or likenesses of people, you must receive permission from each subject of the photograph(s), and written permission from the parent or legal guardian of any minors appearing in the photograph(s).
- By submitting a photograph, you grant Rotary a worldwide, royalty-free, irrevocable, sub-licensable, assignable, perpetual, license and rights to use, print, publish, reproduce, perform, edit, modify, adapt, distribute, broadcast, webcast, exhibit, digitize, archive, transmit, create derivative works from, and display your photograph(s), the content in your e-mail, and your likeness, name, image, statements, voice and biographical and personal information and data (collectively "Likeness") in whole or in part, for any purpose whatsoever, in any form, media or technology now known or later developed including in Rotary's publications, via streaming, and on social media.

By submitting one or more photographs to Rotary, you represent and warrant that you will comply with the above photograph requirements.



A full set of rules can be found online at:

www.rotarygbi.org



DUMFRIES & Galloway is a beautiful, undiscovered part of South West Scotland where visitors can enjoy many activities from zip wires, mountain biking, walking, fishing and golf, to an abundance of cultural venues to visit.

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For the prize package, McMillan hotels have generously provided stays at North West Castle, Cally Palace Hotel & Golf Course and Fernhill Hotel, with various packages, and have included some trips to make the most of your stay.

For more details about McMillan Hotels visit: www.mcmillanhotels.co.uk

Further details about the trips can be found at: www.rotarygbi.org



1st prize

- Cally Palace Hotel & Golf Course, Gatehouse of Fleet – Two nights' Bed & Breakfast for two people with dinner on the first evening and use of the hotel leisure facilities.
- Round of golf on Cally Course.
- Full day of activities at Galloway Activity Centre, Loch Ken.
- Crafty Distillery Taste and Tour including a bottle of award winning Hills & Harbour Gin, Newton Stewart.



2nd prize

- Fernhill Hotel, Portpatrick – Two nights' Bed & Breakfast for two people with dinner on the first evening.
- A day of cycling guided by Galloway Cycling Holidays – choose your own bike from the fleet (including electric bikes).
- Half day Cookery Experience at Station House Cookery School, Kirkeudbright.
- Crafty Distillery Taste and Tour, Newton Stewart.



3rd prize

- North West Castle Hotel, Stranraer – Two nights' Bed & Breakfast for two people with dinner on the first evening and use of the hotel leisure facilities.
- Cream Tea Coo Tour at Kitchen Coos & Ewes, Newton Stewart.
- Crafty Distillery Taste and Tour, Newton Stewart.
- Admission to Glenwhan Gardens, Stranraer.



We're making an IMPACT

Rotarian Dr Keith Barnard-Jones is a retired senior partner of a general medical practice on the Isle of Portland in Dorset. He is also passionate about the charity IMPACT. Here he describes the work of the charity, which is focussed on 11 countries in Africa and Asia, improving the health of the population to alleviate poverty.

HE looked about 18-years-old, sitting at the top end of an operating table from early in the morning until late at night.

The patients, already prepared for surgery, walked in every 15 minutes, and walked out 15 minutes later having had their cataracts removed and new lenses implanted into their eyes. The next day they were able to walk home, a journey which could take up to three days.

I asked this young volunteer if he had performed many such operations. His reply was: "About 3,000". That actually means 3,000 families have been helped just by this one volunteer. Patients who can now play a useful part in family life once more, allowing the other family members to go to school or work.

I was wrong about his age!

This is just one of the many, many stories about the IMPACT Foundation, a charity with similar aims to Rotary. Its mission

statement states that no-one should become needlessly disabled by disease, lack of knowledge or shortage of medical services. Its motto is: 'Action today to prevent disability tomorrow'.

I could tell you similar stories of volunteer orthopaedic surgeons restoring mobility by helping people to walk again, ear, nose and throat surgeons providing the gift of hearing or plastic surgeons who restore dignity and humanity to the masses by correcting a variety of deformities.

It really is called making an impact.

In 2005, I was asked by the incoming Rotary in Great Britain & Ireland President, Peter Offer, to act as a liaison officer between Rotary and IMPACT UK.

Initially, this involved joining a party of Rotarians to travel to Bangladesh to see IMPACT at work in their hospitals and on the floating hospital, the Jibon Tari, which is towed up and down the mighty Brahmaputra River and its tributaries.



This amazing hospital is moored for months at a time in different locations as staff go into the hinterland to tell the patients that the 'Boat of Life' has arrived. This is taking the hospital to the patient.

Word spreads rapidly and patients, often very elderly who are escorted by their grandchildren, come to the hospital to be assessed and, if surgery is necessary, this is performed by a string of volunteers from a host of different countries.

So impressed have I been, that I am now a Trustee of that Foundation.

Rotarians in the UK and Ireland are well aware of IMPACT's 'Rainbow Train' which performs a similar duty in India where there is a massive rail network. The train travels from town to town to help those with no access to surgery.



“Sir John Wilson was blind, but a real man of vision who decided something should be done.”

In fact, thanks to the generosity of Great Britain & Ireland Rotarians, the train was recently refurbished. The old carriages were wearing out and the Indian Government donated new carriages, but the inside equipment came thanks to donations from Rotarians.

Without that support, the train would not be functioning, or, even more bluntly, if the hospital was not taken to the patients, the patients would have no



Medical technology transforms lives

medical care at all.

IMPACT volunteers cover the whole spectrum of medical care, including nutritional and dietary advice. The commonest cause of blindness is through a lack of green vegetables.

Midwifery is another crucial area, where the presence of midwives has dropped the incidence of maternal and child mortality by 50%.

Lack of education does not mean lack of ability and the midwives, each with a new bag of goodies, have made a tremendous impact on communities in Bangladesh.

The same story could be repeated for Pakistan, Cambodia, India, Nepal, Sri Lanka and East Africa.

Started by Rotarian Sir John Wilson, who founded The Royal Commonwealth Society for the Blind, (now called Sightsavers), IMPACT is run by a small dedicated staff from an office in Haywards Heath in West Sussex.

Sir John was walking in India one day with Pandit Nehru, the first Prime Minister of India, and they were discussing the variety of avoidable handicaps in the population.

Sir John was blind, but a real man of vision, and he decided something should be done. What is more, IMPACT's work is not just prophylactic, because if a patient has a disability and IMPACT can do something about it, it will.

For a small charity, IMPACT punches well above its weight and will celebrate its 35th anniversary next year.

When I visited the Jibon Tari she was in her prime but, celebrating her 20th anniversary this year, a push is now on to upgrade her. Volunteers may well give their time and expertise, but equipment needs to be replaced as it wears out, or needs to be upgraded.

Rotarians in these islands have already made an impact by their support in the past. Hopefully that support will continue in the future. ●



For more information visit:
www.impact.org.uk



IMPACT's work reaches the whole community



The floating hospital, Jibon Tari

FACT FILE

IMPACT

- Globally, one in seven people suffer some form of disability. Of these, 80% live in developing countries and one third are children.
- According to IMPACT, most people living with disability were not born disabled, but instead they live with a condition which could have been prevented or reversed.
- Sir John Wilson, who was blind himself, founded IMPACT early in the 1980s as a means of empowering communities with simple, low-cost ways of taking action today to prevent disability tomorrow.
- IMPACT's solutions are straightforward and cost effective. The charity works with local people, ensuring that the projects meet real needs and give people the skills to help themselves. This avoids dependence on foreign aid.
- Disabled people rank among the poorest of the poor. All too often they lack the opportunities for education or employment. IMPACT believes they are kept in poverty by discrimination. Their work helps to alleviate the poverty.



Lorna has a catapult fitted to her wheelchair to enable her to play ball with her dog

Gadget magic changes lives

For more than 50 years, Remap has been creating custom-made equipment to help disabled people live more independent lives. Their simple ideas, using the latest technology, is making a difference to people's lives.

DAVE KING

IAN WOOD is an avid football fan who regularly visits Anfield to watch his beloved Liverpool.

However, Ian is visually impaired due to a condition known as mitochondrial dysfunction, which means his sight is only good at short range and large, high-contrast images.

So when Ian goes to games, he cannot see further than a few inches. Instead, he soaks up the atmosphere from the touchline and follows the match with radio commentary.

Ian approached Remap, a UK charity with skilled volunteers who custom-make equipment for disabled people, helping them to achieve independence and a better quality of life. And he asked them: "Can you help me see the football?"

Step forward Rupert Powell from Remap York who, with amazing ingenuity, built a virtual reality headset with a zoom camera mounted on top. Now Ian can

follow the action wherever he points his head, and this is presented on the screen.

He can zoom in, he can freeze the action, and there are special filters to make it easier for his vision to follow what is going on. Now, Ian has the best view in the whole ground.

Rupert is one of nearly a thousand volunteers who are skilled with their hands, making and designing devices which can enhance people's lives.

Remap was formed in 1964 by Pat Johnson an engineer who worked at the Teesside plant of the chemical company, ICI.

Pat's sister had contracted polio as a child which presented her with physical problems managing day-to-day life.

Wheelchair-bound, she had upper body movement, but as a widow she relied on her children and neighbours for help.

She even needed help getting her wheelchair down the steps to go to

the shops.

Pat decided to do something about this and put in a wooden ramp to his sister's front door. He also installed an electric hoist with a runway above the hall and bathroom of her bungalow. ➔



Football fan Ian with his match day headgear



Young James with a voice amplifier which helps him to communicate

His sister was overjoyed with the ramp and hoist, as they gave a level of independence she had never enjoyed before.

Pat was so impressed with the huge change this relatively simple solution had made to his sister's life, that he resolved to bring similar changes to other people's lives.

That sparked the concept of Remap, as other engineers became involved to develop the idea further.

And Remap has grown steadily, now helping more than 3,500 people across the UK to become more independent.



“We do 3-D printing. We take all-comers.”

David Martin, Chief Executive of Remap, said they had a network of 70 groups of volunteers spread across the country. “A lot of them are engineers, some are technicians, people who are skilled with their hands making and designing things,” he said.

“We do 3-D printing, electronics, all sorts of things. We take all-comers.”

“What Pat Johnson did in the 1960s was to install ramps and hoists. Now a

lot of that is available from the NHS and social services help.

“So we now focus less on those basics, but concentrate on helping people with quality of life.

“We help people do things they love to do but are prevented because of some impairment that stops them from taking up their hobbies, sports or activities they enjoy.”

For example, a Remap volunteer helped Linda, a music teacher recovering from breast cancer.

She needed support for her wrist while playing the piano, so he made a little device which she can rest her wrist on and which runs silently in front of the keys.

Lorna is wheelchair-bound and has a canine companion, who does all sorts of things for her. She wished she could throw a ball for her dog, so Remap volunteers built a catapult contraption which fits to her wheelchair which allows her to fire a tennis ball across the park.

The cost of each project varies in scale. Some are quite simple, made from materials which are easy to come by and don't cost much. Other projects can be more complicated, with parts which have to be sourced, such as the virtual reality headset which cost around £600 to build.

All recipients receive the gadgets free

of charge. Some choose to make a donation in return, but most of Remap's funding comes from grants and bigger donations.

Amazingly, it costs the charity less than £250,000 a year to operate, built around 1,000 volunteers who donate their time.

“We take a pride in being able to give the equipment free of charge whether it has been cheap or expensive to develop,” said David.

Referrals to Remap come from occupational therapists, as well as from various disability charities and private individuals.

And the charity's work has been supported by numerous Rotary clubs who have forged partnerships with their local Remap groups across the country.

“There is a crossover of membership,” added David. “Quite a few of our volunteers are Rotarians, and sometimes we find that Rotary clubs are in touch which the sort people who we can help.

“They might be fund-raising to support the family of a disabled child, for example, and we can sometimes help that family by making some gadgets around the home to make their life easier.”

If you know someone Remap can help, could fund-raise for them, or would like a presentation from your local group contact them on the information below. ●



For more information visit

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Chris' hat helps his motor neurone disease



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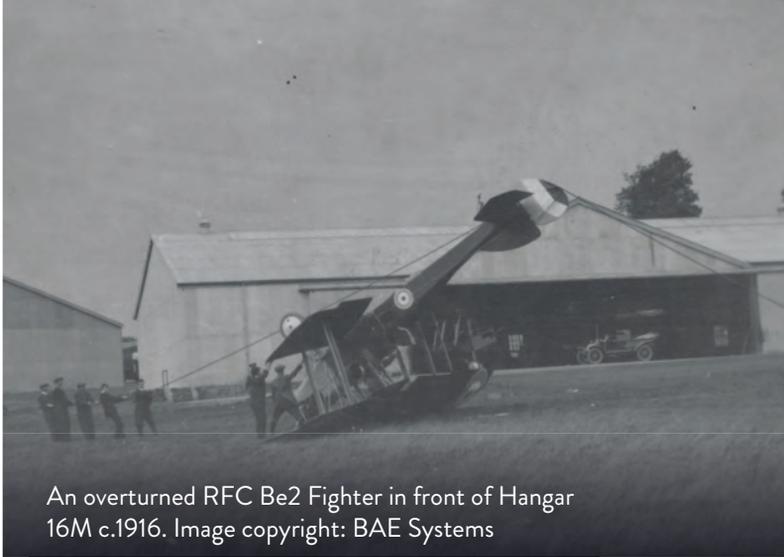
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The Bristol Bolingbroke 9048 will be the primary restoration project inside the new workshop.



An overturned RFC Be2 Fighter in front of Hangar 16M c.1916. Image copyright: BAE Systems



CONSERVATION IN ACTION

COMING SOON TO AEROSPACE BRISTOL

Located on the historic Filton Airfield, where every British Concorde made its maiden flight, the Aerospace Bristol museum takes visitors on a journey through over 100 years of incredible aviation history.

Now, the museum is undertaking an exciting project; restoring the oldest listed aircraft hangar on the museum site. Dating from 1915, Hangar 16M is Grade II listed and described by English Heritage as “a rare surviving example of the earliest standard type of hangar”. Following its restoration, it will soon become a Conservation in Action Workshop where traditional conservation and engineering techniques will keep Bristol’s rich heritage alive to inspire the next generation.

The new Conservation in Action Workshop will house rare aircraft brought out of hiding from the museum collection. Here, volunteers will conserve these precious aircraft in view of museum

visitors, sharing their invaluable skills and stories.

Star aircraft from the museum’s collection to be restored in the new workshop include Bristol Bolingbroke 9048. The aircraft flew with the Canadian Air Force until it was withdrawn from service, and is now undergoing significant restoration by volunteers at Aerospace Bristol. It is also hoped that parts of a Type 170 Bristol Freighter, the only one of its kind in Europe, will be conserved in the new workshop.

In addition to providing a new home for conservation at the museum, the workshop will offer unique experiences for intergenerational learning and skills sharing. Aerospace Bristol volunteers are keen to pass on their knowledge, passion and experience to future generations. The Conservation in Action Workshop will provide young people with opportunities for hands-on work experience alongside

ex-industry volunteers, through which they can gain the practical and soft skills needed to take the first steps in their future careers. The space will also hold workshop sessions dedicated to vulnerable and disadvantaged groups.

The workshop will complete the visitor journey at Aerospace Bristol, offering opportunities for live demonstrations of engineering and conservation methods by skilled volunteers. Masterclasses and taster sessions will allow visitors to try some traditional techniques for themselves, along with handling tables of tools and materials to entertain and inspire younger visitors.

Whether self-guided or accompanied by one of the museum’s expert tour guides, Aerospace Bristol offers a great day out for your Rotary group. The new Conservation in Action Workshop will be a brilliant new addition to the museum experience, and is set to open to the public in summer 2020.

The museum has launched the Engineering Futures Appeal, seeking vital support from the public. We need your help to ensure that this unique Grade II listed hangar is restored to its former glory and becomes an important new home for conserving Bristol’s aviation treasures and engineering skills. Any contribution, whatever size, will make a real difference. To find out more about the Conservation in Action project, as well as how to donate, please visit aerospacebristol.org/engineering-futures-appeal. To contact the Development team, please email fundraising@aerospacebristol.org or call 0117 363 4621. Thank you.

A life well remembered lives on

The Hospice Biographers is a unique project founded by a London Rotarian, which provides families with a legacy from loved ones.

REBECCA WARNER

IMAGINE being able to hear, once more after passing away, the gentle voice of your mother, father, spouse or sibling, telling their favourite story about their life.

Capturing such emotionally moving moments with care and respect is the team from The Hospice Biographers.

Since the charity launched in November 2017, the 40 or so volunteers, including Rotary members, have recorded over 100 people.

The charity was founded and is led by the hard-working, persuasive and passionate Barbara Altounyan, who is a member of Putney Rotary in London.

She said: “The idea behind Hospice Biographers was inspired by my dear old dad. He was diagnosed with a terminal illness.

“My brothers and sisters were very much against me disturbing him.

“My mother was very much against it and I said why don’t we just ask dad as he’s the main person in all this.

“His face lit up, ‘Oh Barbara! That’s fantastic! Oh what fun!’

“We train specialist volunteers to record the life stories of terminally ill patients so that they can enjoy it for pleasure, but also for legacy purpose so families can still hear their voices.

Recordings last for as long as the

patient wishes to talk, whether 30 minutes or three hours. There is no time limit.

The benefits of capturing these special stories goes beyond leaving a memento for the families left behind, it can be very cathartic for the patient too.

Some think there is nothing to say and then they start talking. They remember long forgotten anecdotes, reasons why they made certain decisions and suddenly their life starts to make sense.

Volunteers for The Hospice Biographers come into contact with dementia patients which presents an interesting challenge.

“

“It’s giving the family a legacy hearing the voice.”

Due to the impact of the disease on memory recall, the interview will not follow a chronological order and there will be gaps. The recordists also find themselves listening to homeless people, travellers and those in prison.

The charity has been asked to record children in hospices. Barbara says this is new territory: “We have not done children yet. We are going to be training with people in children’s hospices.”

Amongst the challenges facing The



The biographers aim to cover 200 hospices

Hospice Biographers is covering all 200 hospices across GB and Ireland and fund-raising for the right equipment, including video equipment.

Barbara’s background as a broadcast journalist has proved to be an advantage.

She added: “It is the most privileged job you can ever have. When someone gives you their life story, they are giving part of their soul.

“It is recording their life story but it’s not just that; it gives the family a legacy, hearing the voice again.

“The person themselves is often quite miserable, medication has not done much good but, by the time you leave, they say that was good, I enjoyed that.

“You as the biographer, are completely and utterly knackered!

“It teaches the art of interviewing and the art of listening and both are skills out of date these days. People don’t listen anymore.

“Most people say ‘why?’ or ‘I’m boring, I’ve had a boring life.’ or they say it’s too intrusive and my family don’t like me.

“I do manage to persuade them, and say sling it in the bin if you really don’t like it.” ●



For more information contact Barbara by email: barbara@thehospicesbiographers.com

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LATEST NEWS FROM AROUND GREAT BRITAIN & IRELAND

NEW-LOOK FOR ROTARY RIDGE



A NEW blue flag of Rotary was flying loud and proud for a ceremony at the National Memorial Arboretum in Lichfield, Staffordshire. The occasion was to unveil a new Rotary plaque at the site, along with the new Rotary flag.

Situated within the 150-acre arboretum is Rotary Ridge where the Rotary flag was first raised in 2004. It comprises 118 conifer trees, each tree by Rotary clubs with plaques purchased from The Royal British Legion.

They are placed as a lasting memorial to Rotarians who lost their lives in conflict.

Many plaques have been placed on Rotary Ridge as a memorial to individuals within clubs who have passed on. Others have been placed by clubs who just want to support Rotary Ridge and the National Memorial Arboretum.

Since the raising of the Rotary flag in 2004, Rotary Ridge has begun to show its age with the spread of the conifer trees engulfing most of the plaques.

Lichfield St Chad Rotary, as one of the nearest clubs to the arboretum, has taken it upon themselves to be the custodians of Rotary Ridge. They noted that a slate plaque describing what Rotary is all about, had become unreadable.

Also, the white flagpole located behind the plaque, had become covered in green algae, with the flag worn and frayed.

Working with Bill Leslie from Ellesmere Port Rotary, Lichfield St Chad and the Cheshire-based club put together a proposal to upgrade the descriptive slate plaque, and to relocate both the flagpole and flag to the start of Rotary Ridge, clear of the encroaching conifer trees.

This was the focal point of the ceremony at the completion of the work on Rotary Ridge through Bala Jaspal, District Governor for 1060 (West Midlands), and Bob Maskell, District Governor of 1180 (North Wales, Merseyside, The Wirral and Cheshire).

Lichfield St Chad and Ellesmere Port Rotary Clubs are now working on a crocus-planting project at Rotary Ridge, with other regimental memorials at the National Memorial Arboretum. •

SUPPORTING BICYCLE AMBULANCES

PEOPLE living in rural areas of Africa often struggle to access vital services.

Around 75% of maternal deaths can be avoided through timely access to vital childbirth-related care, so the provision of simple, but much needed solutions, such as bicycle ambulances can make a huge difference.

Following a successful golf event last year, Canterbury Sunrise Rotary was, with the additional help of a District Grant, able to support the charity Transaid with a donation of £1,500.

The money has been earmarked

to provide three bicycle ambulances in rural Africa, one of the successful and sustainable transport related programmes operated by Transaid.

Having received the Rotary donation, Transaid was then able to apply match funding from a corporate donor, doubling the amount to £3,000.

Each bicycle ambulance costs Transaid £500, so with the help of Rotary District 1120, which covers Kent, East Sussex and Gibraltar, the subsequent corporate match funding to Canterbury Sunrise's initial fundraiser was multiplied several times. •



 **Website:** www.transaid.org



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TOP HONOUR FOR DISTRICT GOVERNOR

ROTARY District Governor, Manoj Joshi has been appointed as Deputy Lord Lieutenant for West Yorkshire. This comes on top of also receiving an Honorary Doctorate from the University of Bradford.

It has certainly been an action-packed past 12 months for the man with the biggest moustache under the widest smile, and the longest name in Yorkshire - Manojkumar Narottam Liladhar Joshi DL.

Manoj has been in Rotary since joining Interact as a teenager in Jinja, Uganda, before fleeing to England in the 1970s as a refugee during the infamous Idi Amin regime.

A member of Bradford Rotary, Manoj is currently District 1040 Governor,

representing 102 Rotary clubs throughout Yorkshire and North Lincolnshire.

He said: "I feel very honoured to have another platform to continue practising 'Service Above Self', which has been my life's ethos since joining Interact."

As Deputy Lord Lieutenant, Manoj's main function will be to assist the Lord-Lieutenant in his duties to represent Her Majesty the Queen in West Yorkshire.

"I believe the role dovetails my long-standing passion for supporting so many different communities, charities and businesses contributing to the growth of the region," said Manoj.

"Reflecting on my life, I have derived so much joy and satisfaction from voluntary service and as a Rotarian, therefore it's extra impetus to do more!" •



AQUABOX IS SAVING LIVES IN YEMEN

THE Rotary-supported charity Aquabox has been helping to save lives in Yemen.

Humanitarian conditions are worsening in the Arabian Peninsula state which has been the backdrop for civil war for the past five years.

An estimated 100,000 people have been killed in what has been described as the worst humanitarian crisis in the world, with around 24 million people dependent on aid to survive.

Aquabox is among a number of humanitarian agencies who are supplying aid to Yemen. Recently, a lorry load of water filters and emergency supplies were driven from the charity's Derbyshire headquarters, bound for the country.

Spokesperson Roz Adamson said that Aquabox was responding to reports of 3.3 million people now displaced, with a child dying every 10 minutes.

"Many of the deaths are due to preventable diseases, in particular, cholera," she said.



"This water-borne disease is spread because of poor sanitation and contamination of drinking water."

Each blue box sent to Yemen contains a water filter. This removes cholera and many other waterborne diseases from contaminated water supplies.

One filter can provide safe drinking water for a family of five or six over many months, and years, if needed.

In addition to the filter, each box is filled with other aid items selected to help families rebuild their lives.

Roz reported that the Aquabox filters in this container can supply safe drinking



water for nearly 2,500 people. This was the charity's third shipment to Yemen.

"The container is not shipped half full," she added.

"The remaining space is filled with medical items such as wheelchairs, prosthetic limbs and crutches. These are provided by one of our partner charities, Jubilee Outreach Yorkshire.

"Yemen is a very difficult destination, but with extremely rewarding results." •

 **Website:** www.aquabox.org

ROTARY TRADITION REACHES ACROSS THE WORLD

FROM Ireland to Australia, Anton Richardson is determined to keep Rotary in the family.

Fifty years ago, in April 1979, Anton's father, Dr Anthony Richardson, became the charter president of the Rotary Club of Kilkenny, the first Rotary club to be formed in that region of Ireland.

For his dedication of many years to Rotary, Dr Richardson was awarded a Paul Harris Fellow by club members.

Sadly, Dr Richardson died in 2018, and the Richardson family were very grateful to the members of the Rotary Club of Kilkenny, who formed a guard of

honour at the funeral at St Canice's Cathedral in Kilkenny.

Earlier this year, the club celebrated its 40th birthday with a gala dinner at Kilkenny Castle on May 4, 2019.

Dr Richardson's son, Anton Richardson, having migrated to Australia, celebrated his late father's club anniversary by becoming a member of the newly chartered Rotary Club of Varsity Lakes in Queensland.

In honour of his father, he also donated \$1,000 to the club to support the purchase of a ROTEM machine for Robina Hospital on the Gold Coast.

Now, to complete the Rotary circle Anton, a family lawyer, is president elect



2019-20 of the Rotary Club of Varsity Lakes.

He says he intends to carry on the Rotary tradition of his father, who was so dedicated to Rotary on the other side of the world. •

ROTARIAN'S BEAUTY PAGEANT

SUSSEX Rotarian, Vicky O'Farrell is coming back down to earth after reaching the finals of Ms Great Britain. The 48-year-old, who is President of Haywards Heath Rotary, took part in the contest in Leicester in March. And though she didn't win the title, the experience was one Vicky said she will never forget..

Vicky said: "I was completely outside of my comfort zone. It was a challenging experience, but one of the most wonderful. I loved every moment, every smile and even the tears when I couldn't get the dance right.

"But the whole process has been such an uplifting, confidence-building, friend-making wonderment. I would highly recommend this to any women out there.

Vicky works as a personality profiler, helping others to overcome challenges. So when the opportunity presented itself to take part in a beauty contest, she jumped at the idea.

"I'm not just going to be sitting on the sidelines," she said. "If I want to drive change, then I've got to be in there driving change and making a difference."

Vicky is Haywards Heath's first female President since the Rotary club was established in 1932. •



SCHOOL'S HEDGE FUND



CHURSTCHURCH Rotary Club in Dorset presented a cheque for £2,250 to Christchurch Junior School to fund new hedging around the school playing field.

Replacements were needed for the line of Poplar trees at the periphery of the field, which had become rotten and had needed removal because of the danger of falling.

A smart, evergreen hedge was established with 100 Griselinia Hedging Plants.

Martin Stewart from Stewarts Garden Centre generously sourced the plants at cost, saving nearly £3,000 on the best price that the school had obtained.

This hedging has given immediate, secure screening around the perimeter of the school.

Further funding is to be sought to purchase eight trees to replace the Poplars that have been cut down. •

CLEAN WATER PROJECT IN SUB-SAHARAN AFRICA

CLEAN water is something we take for granted. Not so in sub-Saharan Africa which was the focus of the well project organised by Melton Mowbray Belvoir Rotary.

The Mali well project began when Rotarian Derek Simmonds and John Milner, a talented local artist, produced a superb illustrated history of the Leicestershire town's ancient market.

Hugh Brown, Chief Executive of Melton Mowbray Market, liked John's work so much that he stumped up £2,000.

Derek saw an opportunity to use this money to do something to support a farming community in the less-developed world.

Fellow Melton Mowbray Rotarian, Debbie Hutchinson, is the chair of Joliba Trust, a charity which works with farming communities in Mali.

At that time, the Joliba Trust was desperate to help a village on the edge of the Sahara which had suffered the collapse of its only well.

This meant that the villagers, mainly children and women, had to make a gruelling six kilometre round trip to compete with livestock for water from a foul pond. As a result, for the children who had to make several trips each day, this meant that attendance at the village primary school collapsed. There was a threat that the government would close the school as a result.

The £2,000 was the core. A District Foundation matching grant provided a further £2,000, private donations and Melton Mowbray's Inner Wheel Club provided the rest of the £6,749 needed to drill and blast down 47 metres to furnish a new wellhead.

Villagers are delighted with the new



well. Bréhima Seiba, son of the village chief, offered his thanks to both the Joliba Trust and Rotarians.

He said: "We are very happy. Now we have enough water for ourselves and our livestock. We no longer need to go six kilometres to find water.

"All this drudgery is over and the well contains enough water to satisfy our needs. We are so grateful for the well." •

ROTARY WOOD IS UNDER THREAT

A MAJOR row has developed in Harrogate where one of Britain's best-known bottled water companies wants to cut down a well-loved wood to extend its bottling plant.

And Rotary in the region has got involved because Harrogate Spring Water wants to build on the 1.6 hectare area of woodland, which is known as Rotary Centenary Wood.

The woodland was planted 15 years ago to celebrate 100 years since the founding of Rotary by Paul Harris in Chicago. The land was given by Harrogate Council as schoolchildren and local organisations were involved with the planting.

But now Rotary Centenary Wood, which is an addition to Harrogate's 40-hectare Pinewoods Forest, is under threat.

Harrogate Rotarian, Terry Knowles, who was chair of the Pinewoods Conservation Group when Rotary Centenary Wood was originally planted, said he was "pretty horrified" by the news that the family-owned company was planning this extension.

He said: "There are a lot of wild orchids on the site, and since we've put all the trees in there's a lot more wildlife there. So it's not only the fact that trees are going to be knocked down, but the fact that wildlife has been sustained in the area."

Harrogate Council has confirmed it has received a revised planning application from Harrogate Water which would be



presented to the planning committee at a date to be confirmed.

Harrogate Rotary President, Eric Mitchell, has said that the club will be making representations to the council. "We will concentrate our efforts on protecting the wood or at least ensuring a suitable replacement is planted," he said. •

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MERCY SHIPS



SIGHTBOX ambassador and Rotarian, Angela Williams, visited the Mercy Ship vessel, 'African Mercy' while she was berthed in Senegal, to present the charity with a Sightbox kit.

Angela, who is a member of Chester Riverside Rotary, is currently in The Gambia promoting her charity which helps visually-impaired children in third world countries to develop through sport.

While in West Africa, she headed over the border to Dakar to visit the 'African Mercy' which is docked in Senegal until June.

Mercy Ships operates the state-of-the-art hospital ship 'African Mercy', which is staffed by volunteers, visiting developing countries where healthcare is limited or non-existent.

Joined for the Rotary Club of Dakar Millennium, Angela toured the ship to see the facilities on board, as well as presenting a Sightbox to the charity.

"With each deck visited, you not only noticed how sterile clean they were, due to the nature of the ship, but also how welcoming each deck was," said Angela.

"All the volunteering staff in their uniforms were happy at work, welcoming and the corridors carried so many photos of before and after success stories.

"It was very emotional to hear some of these stories and to see the photos.

"There are over 400 volunteers from around the world giving up their time year after year to join the ship and continue the great work of Mercy Ships." •

TRIBUTE TO WAR DEAD

CHICHESTER Rotary Club is celebrating its centenary year, and to mark the occasion, the West Sussex club helped to fund a statue at the city's war memorial.

The statue was created by local sculptor, Vincent Gray, and represents the 350 Chichester men who gave their lives during the First World War.

The statue is of Lance Corporal Maurice Patten, who lost his life during the Great War.

At an unveiling ceremony, Simon Ullrich, the great-nephew of Maurice Patten, read a moving tribute to his great uncle, and to all those who died alongside him.

He read out a letter which was sent to Maurice Patten's fiancée by a colleague on the Somme battlefield, in the days after Patten's death.

Chichester Rotary President, David Rigglesford, said he was intensely moved by the ceremony.

He said: "I was able to speak to Simon later that morning and he showed me a small New Testament that was carried everywhere by Lance Corporal Patten, carefully wrapped in polythene and still carrying within it some pieces of shrapnel.

"This was truly a day for



remembrance and respect for those who fought in that terrible war."

Chichester City Council and the Rotary club jointly funded the placement of the statue.

Sculptor Vincent Gray created a statue with a poignant pose, with the soldier at 'resting on arms reversed', which is the recognised mourning stance; head bowed and the muzzle of the rifle on the left foot.

Arranged around the feet of the statue are Lance Corporal Patten's personal effects which his mother received following his death, comprising a tobacco pouch, a silver watch and chain, a bible, and four family photographs.

Lance Corporal Patten served with the 7th Battalion of the Royal Sussex Regiment's 12th Division.

He lived in Eartham, just outside of Chichester, and he died from injuries sustained on the battlefield on January 13th, 1916, aged just 24. The Patten family lost another son, Harry, in 1914.

Lance Corporal Patten is buried in the Bethune Town Cemetery in northern France. His name is also recorded in Eartham Village Hall and in Chichester Cathedral, on the panels in the Royal Sussex Regiment's Chapel. •



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and finally...

with Managing Editor Dave King

editor@rotarygbi.org

Rotary is our best marketing tool

DRIVING through the noisy, traffic-choked streets of Delhi, requires nerves of steel with a total ambivalence to any mythical Highway Code.

On my first day there earlier this year, as part of Rotary's support for the polio National Immunisation Day, the taxi driver was extolling the green credentials of the city.

Without the need to check his rear-view mirror – because there wasn't one – the driver pointed to the numerous parks and trees which line the Indian capital, soaking up the pollution. The lungs of Delhi? It was, quite frankly, laughable.

Planting trees is a proven nature-based solution to climate change since trees and soil take in a store heat-trapping carbon from the atmosphere which is warming the planet.

But as we weaved around the traffic chaos, this megacity of 20 million people, was covered in a blanket of toxic smog, fuelled by choking car fumes, factory emissions, and stubble burning from neighbouring farms hanging in the air.

There is no such thing as fresh air in Delhi right now. Those trees are being suffocated by the smog.

I was reminded of this recently while reading a missive from a Rotarian wishing to cancel their *Rotary* magazine

subscription, and questioning the printed product's environmental credentials.

Do you really think you are going to save the planet by cancelling your Rotary magazine subscription, I replied? How ill-informed and naïve. Never mind the carbon footprint of going online with your laptop, mobile phone or tablet.

Are you really going to stop reading newspapers and books, are you going to exchange birthday or Christmas presents with no wrapping, will you write notes at meetings on chalk boards, and as for going to the toilet...let's not go there?!!

Also, are these same eco-warriors advocating an age when we no longer read books, when literature is reduced to pixels on a tablet? What a great example we're setting for future generations.

It's gesture politics from eco-warriors – and you're picking the wrong target.

But here's my point: *Rotary* magazine is one of our best promotional tools. It has been written in a way which not only appeals to Rotarians, but the content will also resonate with an external audience.

That's why, besides 40,000 copies being sent to the homes of every Rotarian in Great Britain & Ireland, a further 5,000 are distributed to airport and cruise terminal lounges, in selected hotels and in first class compartments on trains. My mailbag from non-Rotarians tells me they are being read and well received.

Now are you telling me your club is overflowing with members, carrying a five-year waiting list, that you don't need to promote Rotary? Rubbish! Even if you prefer to read *Rotary* online, why not use the magazine to market your club?

And if you're a family who gets two sent to copies to your home, use both.

Present the magazine to speakers and guests, make copies a feature of your stand at public events, give them to friends – it's a simple way of telling them why you do Rotary. And why not find public places such as a library, coffee shop, hairdressers, or a doctor's surgery, where you could leave a copy with your club's details?

Now at the time of writing we are caught up in the whirlwind of uncertainty around COVID-19, and who knows what the next few months may throw at us. So this 'Read It & Leave It' policy is perhaps not prudent right now – but in the future?

Once we get over this pandemic, Rotary will need to regain momentum. We need to help Rotary grow, to enable the world to change – notably its ambivalent attitude to climate change.

Having experienced what I saw in India, Rotarians giving up their magazine is not going to save the world. But maybe giving a copy to someone else, which might encourage them to join Rotary to make the world a better place, would be a smarter move. Think about it. ●

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