

# Rotary

The Official Magazine of Rotary International in Great Britain & Ireland

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rotarygbi.org

February/March 2018



I FEEL THE NEED FOR SPEED ④  
Sammi's bid for  
Games glory

Rotary  
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### Enjoy Rotary anywhere



HANK SARTIN

# Gold mettle

*Life dealt Sammi Kinghorn a devastating blow. She fought back – and now makes winning a habit.*

**S**AMMI Kinghorn had a clear goal for the 2017 Chicago marathon: finish in two hours and five minutes. For a seasoned wheelchair marathoner, that's a leisurely time.

But Sammi, an accomplished 22-year-old wheelchair racer, had never competed in a marathon. In fact, she'd never even wheeled 26.2 miles in one go.

So to qualify for the next month's Commonwealth Games in Queensland, Australia, she needed that 2:05 in Chicago.

A Scot, and an Honorary Member of the Rotary eClub of Southern Scotland, Sammi specialises in shorter distances – and specialises is an understatement.

A relative newcomer to the sport, she holds a world record for the 200-metresprint and European records for the 100, 400, and 800 metres.

But the Commonwealth Games feature a limited schedule of events for para-athletes, and for the 2018 Games, officials hadn't stated shorter distances for wheelchair racers.

That meant Sammi's options were the 1500 metres and the marathon. She'd rarely competed at 1500 metres and never even contemplated a marathon.

Nonetheless, Sammi chose to travel to Chicago last autumn and go after the qualifying time for the marathon.

To some, that might seem an impossible challenge. To Sammi Kinghorn, it was business as usual.

Her ascent to the top ranks of world-class wheelchair athletes began with a terrible accident.

In 2010, during an unusually snowy winter, she was helping her father, Neill, with chores at the family farm in south-eastern Scotland. Neill was driving a forklift with a snow-clearing attachment. Sammi was walking in front of the forklift.

She mischievously jumped onto the front of the forklift, assuming Neill could see her.

"He started to lower the beam down to shovel up snow and I got crushed," she recalls, her normally cheery voice going very quiet.

"I didn't pass out at all. I remember feeling like my heart was beating inside my head. I was thinking, I'm going to die and my dad's going to think he killed me.

"The guilt was the biggest thing I felt. I was thinking, I can't believe I've made this stupid mistake."

An ambulance rushed Kinghorn to the local hospital; from there she was airlifted to Southern General Hospital in Glasgow.

Doctors determined that she had an irreparable spinal cord injury, which immobilised her from the waist down.

Restless and frustrated, Sammi spent the next six months in rehab. "I was a 14-year-old girl," she says. "It's a tough time for any teenager to be going through, never mind having an accident at the same time. I was fiercely independent going in, so I wanted to come out fiercely independent."

“

*"I watched a girl going around the track, and she was faster than the runners. I thought, I want to be better than I was before. It attracted me because it didn't look like a major disability staring me in the face."*



Sammi's physiotherapist encouraged her to attend an annual event where patients from spinal cord injury units around the United Kingdom can try a variety of different sports. Sammi tried fencing and rugby and basketball, but it was wheelchair racing that stuck.

"I watched a girl going around the track, and she was faster than the runners.

"I thought, I want to be better than I was before. It attracted me because it didn't look like a major disability staring me in the face."

Next step: a custom-made racing chair. While Sammi started out racing in an "off-the-shelf" model, serious racers use customised chairs. Her chair cost more than £3,000.

"I was raising money – and speaking very nicely to my mum and dad," she says with a laugh.

Further upping her game, she started training with Ian Mirfin MBE at the Red Star Athletics Club in Glasgow.

A para-athlete coach for 30 years, Ian recognised Sammi's potential. "Within a year I realised that Sammi was progressing quickly," he said.

"To be on top of the world, as she is, after barely five years in the sport is phenomenal and shows her talent, determination, and capacity for hard work."

Sammi came to Rotary's notice as a guest speaker at the Rotary eClub of

Southern Scotland, an event viewed online by visitors from all over the world. She made such an impression that the club made her an honorary member.

"It's an honour to have her," says Nii Boi-Dsane, the club's President. "A young woman showing grit and determination to overcome tragedy – to become a champion, all the while exuding joy."

With Ian in her corner and riding her custom-made pink-wheeled chair, Sammi spent 2012 training and competing in a few local races in Scotland. In 2013, she underwent a series of tests that evaluated her bench strength, mobility, and trunk function and determined the class in

which she could compete.

It's complicated, but Sammi fell into the T53 classification. After that, it was off to the races.

Though only 17, Sammi instantly made her presence felt. In 2013 she took home two gold medals at the UK School Games. In 2014 she competed at the Commonwealth Games in Glasgow, and that same year, at the European Championship in Swansea, she won three gold medals.

In 2015 she won bronze in the 200 metres at the World Para Athletics Championships in Doha, Qatar. In 2016 she competed for Team Great Britain in the Paralympic Games in Rio de Janeiro. But despite reaching the finals in the 100, 400, and 800 metre races, she didn't medal. ▶



Sammi taking part in the Chicago Marathon



Sammi with coach Ian Mirfin training in the USA before the Chicago Marathon

► In May 2017, however, at the Desert Challenge Games in Arizona, USA, Sammi broke the world record for T53 class athletes for 200 metres. In July, she broke her own record at the World Para Athletics Championships in London, earning gold.

She also took gold in the 100 metres and bronze in the 400 metres.

In late September, she was named Scottish Sportsperson of the Year at the Team Scotland Scottish Sports Awards, the first para-athlete to receive the award.

By then she had set her sights on the marathon in Chicago, scheduled for 8th October, a mere 16 days away.

Sammi had begun preparing for Chicago right after her triumphs in London.

With Ian, she worked on a compressed programme of marathon training, doing long (up to 15-mile) road sessions in the rural, rolling country of the Scottish Borders.

Training twice a day, six days a week, she mixed in shorter track sessions and time

in the gym on a wheelchair treadmill that recorded speed variations and mimicked hills and various other real-world terrain.

The mechanics of a wheelchair racer's stroke are complex. "We're not gripping and pushing like we do in a day chair," explains Sammi.



***"Sky Sports, has selected her as a Sky Sports Scholar. She will receive funding through to 2020, as well as media training, as well as athletic and business mentoring."***

"We punch the push rim, and we have to make sure that we punch it correctly. It's all about getting the right stroke. You can tire yourself out very quickly if you're doing

the wrong strokes for the distances."

Sammi's technique, with powerful strokes and longer contact with the push rim, is unusual among racers in the sprint distances. "Her arm speed is tremendous for sprinting," notes her coach, "but equally she has a longer push which is more economical and better for distance, making her adaptable."

The morning of the Chicago marathon, some 40,000 racers crowd near Lake Michigan in Grant Park, where the race starts and finishes.

Before the race, Sammi has her headphones on. "I like listening to Tina Turner singing 'Simply The Best!'," she says. "I can remember my Mum singing it while vacuuming around the house when I was a child. It's a distraction. I don't like to think about what I'm about to do until I'm on the start line, because I get extremely nervous."

The meticulous preparation works. To qualify for the Commonwealth Games, Sammi needed to finish at 2:05:00. She rolls across the finish line at 1:43:52 for fifth place. She sends off a terse victory Tweet: "Everything hurts."

With the Chicago race behind her, Sammi's attention now centres on April's Commonwealth Games where she hopes to be on the victory rostrum to hear the anthem 'Flower of Scotland'. She says, "I love to pull on the vest and race for a chance to hear my national anthem."

That marathon, she says, will definitely be her last. "I'll do one at the Commonwealth Games, and then never again. I like to see the finish line, so the idea of enduring 26 miles to see it kills me."

Sammi can't make a long-term career out of wheelchair racing. For now, Sky Sports, has selected her as a Sky Sports Scholar. She will receive funding through to 2020, as well as media training, as well as athletic and business mentoring.

Eventually she plans to make the shift from athletics to academics. "Unlike America," she explains, "we don't really have a great collegiate wheelchair sports facility.

"Going to school while competing would require going to university and then driving somewhere else for training.

"I don't think I would handle it very well, so for now I'm concentrating on my training. But eventually I'm going to have to decide what I'm going to do when I have to get a real job. And that's a bit scary."

Challenge accepted. |



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**PRESIDENT OF ROTARY  
IN GREAT BRITAIN & IRELAND**  
DENIS SPILLER

# Rotary *calling*

**W**HAT a privilege it is to visit so many conferences, council meetings, projects and special events over recent months.

I have seen Rotary in Action, People of Action and Rotary Making a Difference all at once.

Conferences have been a highlight giving the opportunity to talk to so many people and hear so many inspirational and entertaining speakers.

Conference is such good value, it is such a real challenge to see attendance numbers falling almost everywhere.

The reasons are not difficult to reveal, but this is not the place for analysis.

However, I would urge incoming governors and conference teams to consider working together, especially when I hear of plans in coming years for events happening, not only in the same resorts, but even on the same weekend.

Penny and I thank you all for the fantastic hospitality enjoyed.

It is not fair to call out districts, but the 'Allo Allo' dinner in Oswestry was hilarious, whilst our American guests hadn't a clue what to make of it!

This year I am visiting district council meetings where I am able to address representatives from the vast majority of clubs and I am combining this with some special projects, visits and charter anniversaries.

In District 1200, Water Survival Box hosted me for a morning including some great press coverage and a local BBC radio interview.

In District 1175, I visited the new ShelterBox visitor centre, which is a must if you find yourself in Truro.

And District 1070 took me to Warning Zone, a fantastic facility designed to educate children in how to avoid danger from within the home, on building sites and the internet. Again, a must see.

Centenary celebrations at Bristol and Cardiff were an honour to attend and there are at least three more 100s to come.

Walking in the Lord Mayor's Show and chartering a new Rotaract club in District 1130 have been delights.

Rotary 2 is vital to our future and I am delighted to tell you that at the end of December we have already reached over 220 new-style club opportunities for our future members to join.

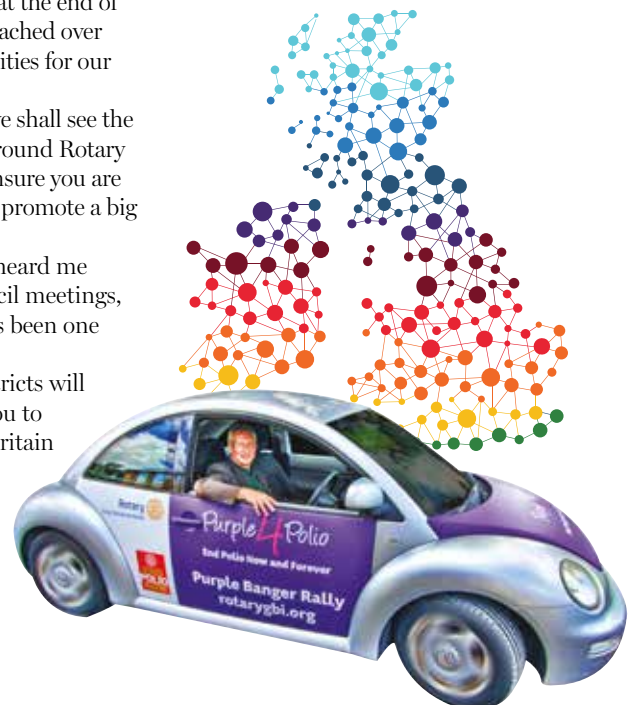
February is the month we shall see the public launch so watch out around Rotary Day on February 23rd and ensure you are engaging with local media to promote a big welcome at your club.

Those of you who have heard me speak at conference, or council meetings, will know that my theme has been one of change.

Clubs are changing, districts will need to follow, and I want you to know that Rotary in Great Britain and Ireland (RIBI) at the regional level is also ready for change. It is vital that we are perceived at the Great Britain and Ireland level as an organisation fit for purpose.

Perceptions grow from what is seen and experienced and as we revitalise clubs to be ready for 21st Century generations, the administrative bodies must reflect the same and this may mean some radical change.

The chance to be part of the forward decision-making process is at the Annual Business Meeting (ABM) on April 7th. Join us in Torquay for the RIBI Conference and ABM from April 6th-8th where we have an exciting programme and significant speakers ready to take us all into a new era of Rotary. |





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# Canine cunning

*Rodney Howell reports how a charity is using innovative research involving dogs to help detect diseases – and it's all down to smell!*

**D**EEP in the heart of rural Buckinghamshire lies the headquarters of a research charity with a close connection to Rotary. There can be few Rotary clubs without members, past or present, unaffected by either breast and prostate cancer or Parkinson's disease, who have not raised funds to combat malaria or who have not had their polio eradication fund-raising boosted by the Bill & Melinda Gates Foundation.

Medical Detection Dogs is a small charity which celebrates its 10th anniversary this year and is right at the forefront of medical research into the early detection of these and other diseases.

In unassuming buildings on the outskirts of Great Horwood, near Milton Keynes, Dr Claire Guest, the charity's founder and CEO, leads a small team who are proving that dogs can be trained to detect the odour of specific diseases.

Their work is also enabling diagnosis to be provided earlier, more accurately and cheaper than many existing tests.

Prostate cancer is currently diagnosed via the Prostate Specific Antigen test, which is highly inaccurate with a high percentage of false positives and negatives.

The test can lead to a rectal biopsy which is both invasive and painful, and which also suffers from low accuracy.

According to studies carried out over several years by Medical Detection Dogs, and which will be completed in a year's time, dogs in laboratory conditions can be trained to detect the disease to an accuracy in excess of 90% using urine samples.

It is much quicker and cheaper.

Currently, the charity receives no funding from the NHS, although this could happen once the studies are completed.

As well as rolling out a testing service, this research will support the development of nano-scanner machines which can mimic a dog's sense of smell and be

installed in GP surgeries.

However, it is fund-raising which is an ever-present problem. "The latest figures show a 20% drop in charitable giving and the smaller charities, ourselves included, are those that suffer most," explained Claire, whose father is a Rotarian in Aylesbury.



*Parkinson's victims have a substance called sebum in the sweat on the back of their necks and dogs are being trained to pick this up.*

Dedicated research funding provides a boost and this is where the Gates Foundation has stepped in.

Millions of people across the globe are at risk of malaria and the disease is often spread by carriers who exhibit no symptoms.

In conjunction with Durham University and the London School of Hygiene & Tropical Medicine, the Gates Foundation is funding research into training dogs to detect the smell of malaria so they can be used to intercept carriers of the disease at airports, as well as in communities.

The dogs are being trained using socks collected from

children in The Gambia. "We know we can do it," added Dr Guest. "The technique can be used in 'low tech' areas, it is non-invasive and offers a rapid response."

There is no definitive test for Parkinson's disease. Sufferers have often had the problem for many years before it becomes advanced enough for a diagnosis to be made. Parkinson's victims have a substance called sebum in the sweat on the back of their necks and dogs are being trained to pick this up.



Dr Claire Guest, the charity's founder and CEO, with some of the specially trained dogs

“If we can detect the sebum at an early stage through a routine swab then treatment could begin up to a decade earlier than at present,” added Dr Guest.

These are just a few of the ways in which the olfactory receptors in a dog’s nose can be put to the use of the population at large.

The charity also trains Medical Alert Assistance Dogs that help people manage complex health conditions with life-threatening episodes which give no warning to the patient that they are about to occur.

The dogs are taught to identify a person’s odour changes which alerts them to take preventative

medication or measures.

The charity spreads the word about its work through a network of volunteer speakers and this has proved an avenue to Rotary support.

The Rotary Club of Flitwick Vale in Bedfordshire has decided to get involved following a talk about the charity by Rotarian Geoff Lambert.

“We have held various events and have handed over some £4,000 so far,” explained Past President, John Little.

“Following a visit to their headquarters to see their work, we promoted Medical Detection Dogs to the public over a series of weekends at my garden centre.”

Individual Rotarians can also help. Diss Waveney Rotarian, Norma Howell,

has raised over £10,000 from talks given to date.

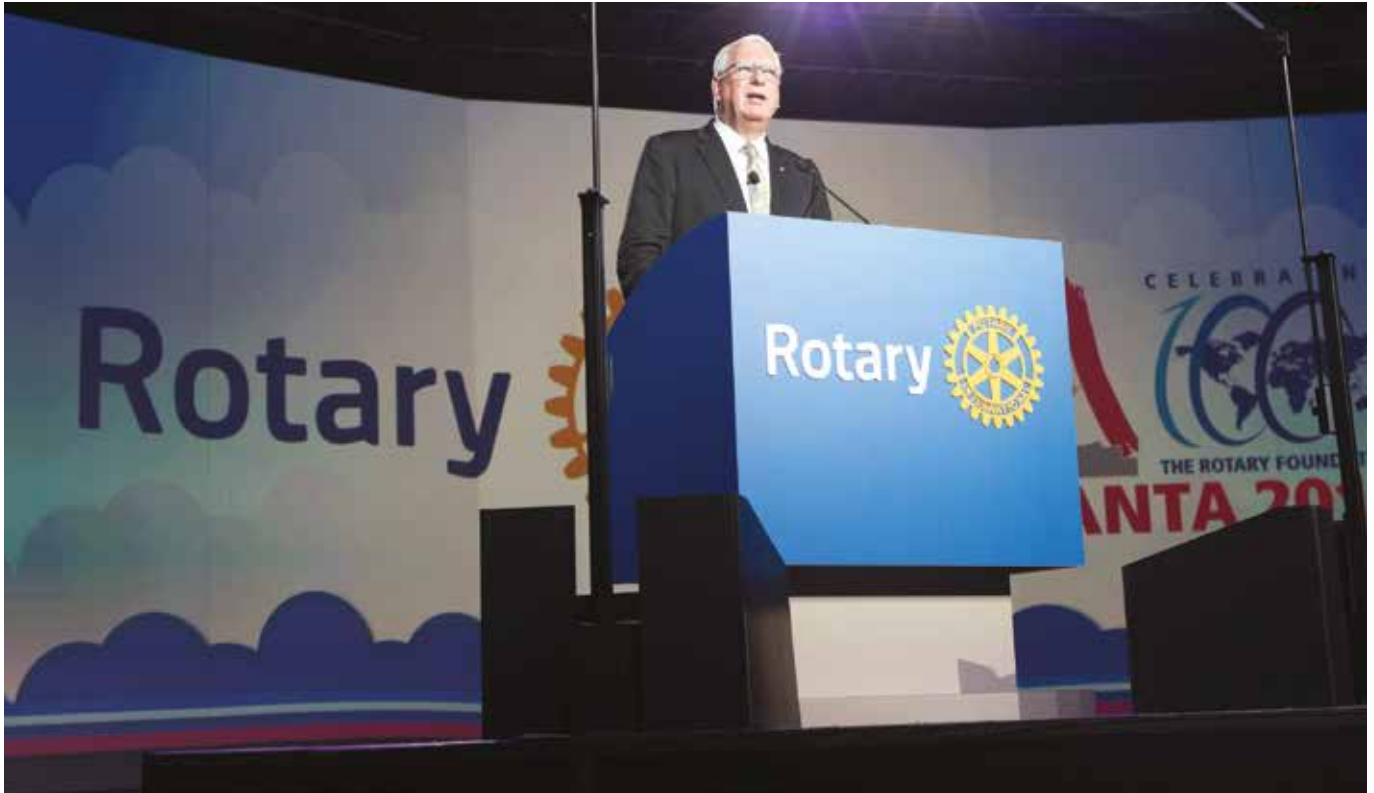
“When I was President of my previous club, we raised some money which I took along to Great Horwood so I could see the dogs at work and I was immediately hooked,” she explained.

“I made the mistake of asking how I could help and I wound up trained as a speaker to cover East Anglia.”



To discover more about Medical Detection Dogs visit: [medicaldetectiondogs.org.uk](http://medicaldetectiondogs.org.uk)





Ian Riseley talking at the Rotary Convention in Atlanta 2017

# Rotary 2 is a ‘masterstroke’

**R**OTARY International (RI) President, Ian Riseley, has lent his support to the Rotary 2 project aimed at generating 250 new clubs across Great Britain and Ireland.

It's the initiative of Rotary in Great Britain and Ireland President, Denis Spiller, who is keen to grow Rotary in these isles by creating a new generation of clubs.

“These clubs will meet and deliver Rotary in a less traditional style, and in line with lifestyles we know which have changed over the past decade,” said Denis.

Ian Riseley will be visiting Coventry on February 24th for the second of Rotary's Presidential Peacebuilding Conferences themed ‘Disease Prevention & Treatment and Peace’.

Speaking ahead of that conference, the Australian insisted that Rotary has to move with the times.

He pointed out: “Your average age in the UK for a Rotarian is 74, which is older than just about anywhere else.

“Frankly, unless there is a significant change in medical science, then we really have to be careful of the mortality potential

for so many Rotarians in Great Britain and Ireland.

“I am delighted and very supportive of Denis's approach to satellite clubs.

“I think that is the best way and I am using this initiative right around the world with what you can do.

“I think it is a masterstroke by Denis and I am delighted to see that there is initial success.”

Ian Riseley said that if existing clubs have a predominantly elderly membership, it is always going to be difficult to attract new members half their age.

He added: “The advantage of a satellite club is that a lot of the administrative stuff is taken away by being part of an existing club.

“Hopefully, the satellite club will have a group of people who are younger than the membership of the main club, which will gradually grow and they can get absorbed into the other club over a period of time.”

The Coventry Peacebuilding Conference is one of six being staged across the world.

Other conferences are taking place in Vancouver, Beirut, Sydney, Chicago, and

the Italian city of Taranto. Each will focus on how peace relates to each of Rotary's five areas of focus, as well as environmental sustainability.

The RI President believes that Rotary has an important part to play in creating peace across the globe.

He said: “The world is relatively volatile and turbulent. I think Rotary is almost uniquely placed to make a difference in peace. We are just about everywhere in 200 countries and geographical regions.

“Rotary is full of good people and we shouldn't shy away from that; we are committed to peaceful relations, and I think Rotary can absolutely make a difference on peace which is why I have organised these conferences.

“Peace is important and I believe Rotary can make a difference on peace.”

**i** To read the full interview with Ian Riseley, visit: [rotarygbi.org](http://rotarygbi.org) and for details about the peace conference visit: [rotarygbi.org/peacebuilding-conference-2018/](http://rotarygbi.org/peacebuilding-conference-2018/)



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# Sound advice

**H**AVE you heard the story about the Rotarian and the 35,000 hearing aids?

Paul Wood, a past president of the Rotary Club of Birmingham, has been instrumental in a project distributing redundant hearing aids to the Indian subcontinent, Africa and the Middle East.

A residential estate agent, Paul revealed that during house clearances he had collected numerous unwanted hearing aids.

He explained: "I'd often seen redundant hearing aids on bedside tables, unwanted by their now deceased owners.

"These were then discarded as part of the house clearance.

"I realised that these used and unwanted hearing aids must be of use to someone else. The challenge was how to collect them, how to establish where they were most needed and how to get them to the eventual recipients."

Paul's club in Birmingham is twinned with the Rotary Club of Johannesburg where, following a visit to South Africa, they discovered that in KwaZulu-Natal nearly 150,000 hearing aids were needed – and yet the Government could only distribute 150.

This prompted Paul to set on a mission to collect surplus hearing aids and other audiological equipment including otoscopes, audiometers and surgical equipment.

He contacted Audiology Centres in local hospitals together with Scrivens, a large Birmingham-based hearing aid retailer. He also got in touch with Warwick and Solihull Hospitals' NHS Trusts and the

Queen Elizabeth Hospital Audiology Centre in Birmingham.

Members of the public and Rotarians have also donated thousands of aids from family members and friends, particularly when analogue aids have been replaced with more sophisticated digital models.

And with the support of the charity Action on Hearing Loss, he receives parcels of hearing aids almost daily.

Following sorting, they are then despatched to various parts of the world, including India, Pakistan, Bangladesh, South Africa, Nigeria, Tanzania, Lebanon and Jordan.

"Initially, the equipment collected was shipped to South Africa but increasing bureaucracy has made transportation difficult," added Paul, who also works alongside Sound Seekers, formerly the Commonwealth Society for the Deaf – a Rotary approved charity.

"Sound Seekers is active throughout the Commonwealth and, as well as training audiologists in these countries, it also supplies mobile hearing clinics known as 'Harks'."

These are specially-commissioned Land Rovers, built in Great Britain, which have been adapted to provide hearing clinics.

To date, 35,000 hearing aids, plus redundant audiological equipment, have been collected and distributed, and the search for more goes on ●

**i** All it takes is for donors of unwanted hearing aids to contact Paul at [woodpaul@btinternet.com](mailto:woodpaul@btinternet.com) – and he will do the rest.



**ROTARY PRESIDENT**  
IAN RISELEY

**O**NE hundred and thirteen years ago this month, the four members of Rotary's first club held their first meeting. Although no minutes were kept, it's unlikely anyone talked about service; the club did not begin focusing on the needs of the community for another few years.

The meeting was held not in a hotel or a restaurant, but in a member's office; there were, so far as we know, no agendas or announcements, no committee reports, speakers, or nametags. The meeting would have failed today's usual standards for a productive Rotary meeting most resoundingly. It was, of course, the most productive Rotary meeting ever held.

Today, as in 1905, many of us come to Rotary seeking what Paul Harris sought: friendship, connections, a place to feel at home. But today, Rotary gives us so much more than it could ever have given its earliest members in those earliest days.

The Rotary of today, more than 1.2 million members strong, lets us feel at home not only in a small group of our peers, but also in our diverse clubs, across our communities, and indeed throughout the world.

Today, Rotary connects us all in a way that Paul Harris could never have dreamed of. Not only can we go anywhere in the world where there is a Rotary club and feel at home, but we can reach out to anywhere in the world and make a difference.

In the 113 years since that first meeting, Rotary has become far larger, and more diverse, than those founding members could have conceived. We have gone from an organisation that was all white and all male to one that welcomes women and men of every possible background.

We have become an organisation whose stated purpose is service, reflected in our motto, Service Above Self.

And we have become not only an organisation that is capable of changing the world, but one that has already done so, through our work to eradicate polio.

None of us can know what lies ahead for Rotary. It remains for all of us to continue to build on the solid foundations that were laid for us by Paul Harris and his friends: to forge and strengthen the bonds of service and friendship through Rotary. ●



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# Letters *to the Editor*

## Star Letter

### Rotary step forward

I LOST my wife to early-onset dementia "Pick's Disease" in May 2015 after a period of more than 15 years from my recollection of the earliest symptoms.

It is truly bad enough that anyone should suffer this dreadful dementia condition.

As things stand at present there is no cure, no hope for sufferer or carer and it is already the leading cause of death in the UK having taken over from heart disease.

I do not think Rotary should concentrate just on research and supporting the way to find a cure, we also need to help those who are in the thick of it now. I firmly believe that Rotary should now focus on both research and care for those already diagnosed, for whom a cure, if found, will have come too late.

The charity Dementia UK focusses on the support these people need. It provides psychiatric dementia-trained nurses called, Admiral Nurses. There are about 216 nurses at present, but the charity needs 600 to provide uniform coverage across the country so there is a way to go.

These nurses visit the homes of those who suffer. They give valuable guidance on coping with difficulties, or if there is no nurse in the district they can be contacted at the end of a dementia telephone helpline, the only nurse-led dementia helpline in the country.

It seems to me that Rotary can certainly make a difference if it works with such a charity, so that clubs can work towards making sure there is a nurse in their own district. Having had direct experience of the help these nurses can offer and after looking back over those terribly difficult years I frankly doubt whether I could have managed without it.

**David Cernik**  
Rotary Club of Wellingborough Hatton

### Shoebox confusion

WE really appreciate the 'Boxes of Joy' article, promoting Rotary Shoebox Schemes in the October *Rotary* magazine. However, I feel some clarification is necessary, as these are two completely independent schemes, although with similar aims.

The Rotary Shoebox Scheme operates all year, across all districts in Rotary in Great Britain and Ireland except for District 1110. We only use our own branded 'shoebboxes', which can be used for any age recipient, and these are shipped out all year to those disadvantaged in Eastern Europe.

District 1110 runs its own excellent scheme, as described by Malcolm Dent at Christmas, using actual shoeboxes, and we wish them well.

**Clive Gardiner**  
Rotary Club of Bolton Daybreak  
Rotary Shoebox Scheme  
[www.rotaryshoebox.org](http://www.rotaryshoebox.org)

### Combining Conferences

I HAVE been a Rotarian for 14 years and an active supporter of Global Sight Solutions, aka The Guildford Rotary Eye Project, for seven. My various interests have taken me to approximately 55 District Conferences over this time and I'm sure I won't have been the first to notice the steadily declining number of attendees.

Where once a District could expect 1000 delegates they are now struggling to get 200. The cause is most likely a combination of the rising average age of Rotarians in RIBI land plus the reproduction year after year, by most Districts, of a tired old Conference formula.

District Conferences no longer appear to be value for money for the bulk of Rotarians. Such a downward spiral puts us into a catch 22 situation: shrinking budget equals shrinking appeal.

Only a few years ago we downsized to 25 Districts from 29. My antennae tell me that it won't be long before we are down to between 16 and 20. If this is the case it may

mask for a while the continuing decline in Conference delegate numbers and delude us into thinking the problem has gone away.

Why don't we do something now and combine District Conferences into ones which serve two or more Districts? This could give us several bumper size District Conferences per annum across Rotary in Great Britain and Ireland.

If run by professional organisers the dynamic of more bottles on seats will surely lead to more inventive content with higher profile entertainment and attractions, thereby enticing Rotarians and potential Rotarians to attend.

As someone who maybe should "stay in more", can I appeal to the decision makers in our ranks to consider making changes before District Conferences slide into effective extinction with only one man and his dog in attendance left to meet constitutional requirements.

I suspect your readers may wish to comment.

**John Miles**  
Leatherhead Rotary Club

### Make Rotary attractive

AS the District Governor Elect for District 1060, I am delighted that we have two young women in our district who have taken the role of Club President.

Sabrina Feraga of Leamington Regency Rotary Club and Leanne Beverley of Coventry Jubilee Rotary Club are wonderful examples of Rotary in 2017/18.

They are both successful, professional people in their chosen fields who are excellent Rotarians and a great asset to the entire organisation. It is my hope that they will take on further leadership roles in the future at district and national levels.

I often hear people saying that Rotary is a doomed organisation that is too old and stale to be relevant in the lives of younger people, but the truth is that there are a lot of examples of the younger generation who want to join us if you look for them.

We must recognise that we have to



make ourselves an attractive option for this new generation of Rotarians, and make the necessary changes to ensure they are able to play a full part in their chosen club.

I am personally delighted that I have been given the chance to lead my district at such a positive and exciting time for Rotary.

Together we can take our great organisation into a bright and exciting future.

**Gary W Dancer**  
**Rotary Club of Yardley & Sheldon**



## Canary Fellowship

OF the 15 million tourists who visit the Canary Islands each year, roughly three million come from Great Britain and Ireland. Another 8 million come from Germany, the Netherlands and the Nordic countries. In other words, over 75% of the tourists come from a country where the Rotary movement is well established and knowledge of the English language is widespread.

There are ten Rotary clubs (District 2201) located on Gran Canaria, Lanzarote and Tenerife. Visiting Rotarians are warmly welcome to visit these clubs.

However, even though many of their members do speak English, club meetings are understandably conducted in Spanish.

To charter an English-speaking Rotary club on the Canary Islands is not feasible.

A Rotary Fellowship, independent of club membership, could be an enjoyable way to meet fellow Rotarians and learn what the islands have to offer visitors.

Following Rotary International's suggestion, we have launched a discussion group on the Rotary International website called "Canary Islands Fellowship of Expat Rotarians". The idea of the discussion group is to determine how many Rotarians would be interested in joining, or at least visiting a Fellowship when spending time on the Canary Islands.

Do you regularly visit the Canary Islands or do you know of a fellow Rotarian that does? If so, visit our website and join the discussion group.

**my.rotary.org**

**Bernhard Karli**  
**Rotary E-Club of London Centenary**  
**secretary.cifer@gmail.com**

## The cost of Rotary

I JUST read your Editor's Letter from the recent *Rotary* magazine. 'Cost is not a driving factor against people joining Rotary'.

What do you base the statement about cost on? Is this your personal opinion or has there been a Rotary in Great Britain and Ireland survey recently? I recall we completed a questionnaire but that seems some years ago.

It may be that cost is a factor, perhaps people do not want to admit or explain that the cost is a problem to them.

A while back I was at the Windsor Horse Show where the local Rotary club had a very welcoming and impressive stand. I introduced myself, had a conversation with a local member, all very nice.

While reading the material on their display boards I overheard a gentleman say 'I had to leave Rotary, it got too expensive for me. Not only the fees but the weekly

meal, the social events I felt I had to support and so on'.

It made me wonder how many more people are lost to Rotary for this reason.

**Gloria Heywood**  
**Rotary Club of Huntingdon**

*Editor's note: Rotary now offers greater flexibility than ever before, with innovative new formats for Rotary participation, including clubs meeting online and clubs which meet at different times of the day, sometimes just for a drink as opposed to a meal...*

## Help with Dementia

THE interview of Russell Grant and his experiences with his grandmother's Alzheimer's disease (*Rotary Oct/Nov 2017*) must have had many thinking about their similar experiences with relations, friends and possibly fellow Rotarians.

Dementia, including Alzheimer's, is becoming the biggest cause of death in the UK.

It was explained that research is key in finding a cure or a way of arresting the disease's progress, and both the Alzheimer's charities invest millions each year.

But coupled with this we must make the lives of those living with dementia as normal as possible, and towards this end Rotarians should become a 'Dementia Friend'.

A Dementia Friends' information session is run by a Dementia Champion, takes about 45 minutes and is free, ideal for a speaker at your Rotary meeting.

For more information search online 'Dementia Friends' or contact me, I am a volunteer with the Alzheimer's Society.

**David Barnes**  
**Tamworth Anker Rotary Club**  
**mad.barnes@btinternet.com**

## Get in touch

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: 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 and Ireland and Rotarians.

# IT'S GONE VIRAL

What is being watched, posted, liked, shared and tweeted around Rotary in the world of social media.



Twitter | Facebook | YouTube | Instagram



## HELPING THE HOMELESS IN WREXHAM

To kick off 2018, we shared a number of stories from Rotary clubs around the country tackling the issues in their communities. Visit the [Rotary in Great Britain and Ireland Facebook](#) page to meet Wrexham Glyndwr Rotary Club, whose enthusiastic and diverse members are tackling homelessness in the town, with huge success!



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## CHAMPIONING GOOD CAUSES

Marlow Bridge Rotary Club is one of many new and flexible Rotary clubs allowing busy individuals to volunteer in the community. The club's first project was to support Paralympic gold medallist Naomi Riches in her world record rowing challenge!



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## INDIA'S LAST POLIO WARD

Polio has been eliminated from India since 2011, but many still live with its impact. Meet Dr. Mathew Varghese, who runs India's last polio ward providing reconstructive surgery, as part of Bill Gates' Heroes in the Field series. Search Heroes in the Field on [YouTube](#).



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## ROTARY SUPPORTING YOUNG PEOPLE

One of Rotary's key commitments is to give young people the platform to unlock their potential and broaden their horizons. Martha Collison, the youngest ever contestant on The Great British Bake Off shared her experience of how a Rotary Young Chef competition gave her the confidence to pursue her dream. Check it out on our [Facebook](#) page.



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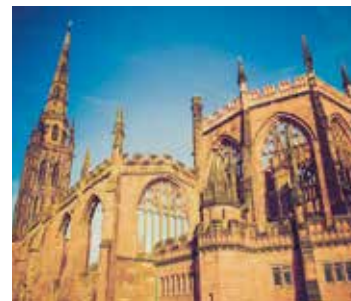


## SHELTERBOX YEAR IN NUMBERS

Rotary's partnership with disaster relief charity ShelterBox made a huge impact in 2017. They responded to 24 natural and conflict-associated disasters and helped 160,000 people with Rotary support. Follow their latest updates on Twitter [@ShelterBox](#).



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## PEACE IS THE WORD

Rotary will be hosting one of six Peacebuilding Conferences in Coventry on 24th February. If you can't join us, don't miss out and follow our social media updates. Follow us on Twitter, [@RotaryGBI](#), or find us on Facebook for live updates and video!

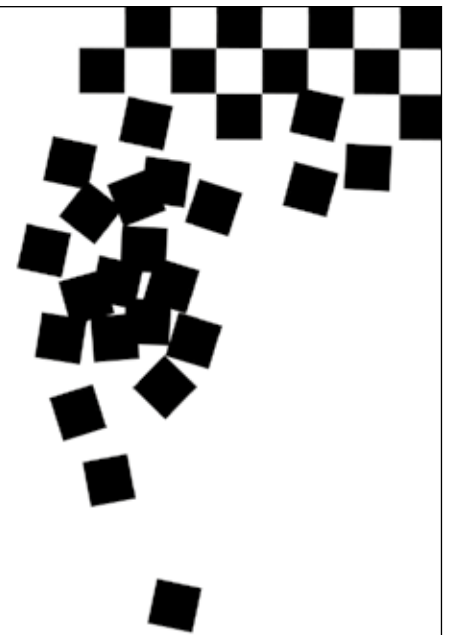
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# *The broken* garden of Eden

*Matt Gemmell has recently returned from the hurricane-ravaged island of Dominica where he worked as part of the Rotary-backed Disaster Aid International. This is his story.*

**A**S the mother of Jesus, Mary or Maria is venerated by millions of Christians throughout the world. However, following the tragic events in the Caribbean last September, it may be some time before babies are christened Maria again.

Maria, the 13th storm of the 2017 Atlantic hurricane season made its first landfall in Dominica with wind speeds in excess of 155 mph.

What followed was unparalleled carnage, devastating Dominica just two weeks after Hurricane Irma had caused considerable damage. Maria, a category five hurricane, was undoubtedly the worst storm to ever hit Dominica.

On this beautiful, unspoilt, island paradise, mains water supplies were disrupted, roads were impassable, bridges were broken; it must have seemed like Armageddon to the stunned survivors.

Thirty one people died and, as the world rushed to help restore the broken Garden of Eden, so did Disaster Aid International.

It's amazing to think how this scheme is 47-years-old with its origins planted in the Rotary Emergency Box, which was conceived by Arthur Bowker who, at the time, was a member of the Rotary Club of Ashton-under-Lyne in Greater Manchester.

Arthur recognised there were people affected by all kinds of natural disasters around the world who had lost everything they owned. Provision of a few very basic

things quickly would help these people survive and he also knew that Rotary was a huge force for good with a global reach.

In 2010, the UK project joined forces with Rotarians around the world to form Disaster Aid International. The pooling of our respective resources and expertise has inevitably resulted in an organisation which now has a significant impact on disaster relief.

Each country partner of Disaster Aid International is sponsored by a Rotary club - in the case of Disaster Aid UK & Ireland, that is the Rotary Club of Denton & Audenshaw.

In Dominica, the Disaster Aid International team consisted of myself, a 58-year-old retired police officer living near Loch Lomond in Scotland, Suzi Vaill, 48, a project manager from Hamble in Hampshire, and team leader Tore Knos, 68, a retired master builder who switches his time between Los Angeles, California, and Santa Fe in New Mexico.

We spent 10 days on the island and worked closely with the United Nations which co-ordinates relief activity and humanitarian effort.

The roofing project was the main aim of the deployment. Our brief was to provide new roofs to destroyed homes, ensuring they would withstand the next, inevitable, hurricane. Following leads from local Rotary clubs, many damaged houses were identified and some, not all, deemed strong enough to take a new roof.

Tore is a master builder and Ezra

Matt Gemmell with children from the region





Fabien, President of the Rotary Club of Portsmouth on the island, is a building contractor. They worked closely with guide Hans Schilders to establish the type of work that was feasible and what could be achieved with our funds.

The other element of the deployment was ensuring remote villages were receiving clean water. Having brought water filters in our luggage, and with our guide, we drove to villages in the north and east of the island to get a feel for the need.

Our Sawyer water filters are tiny, but capable of treating as much water as a family needs over a lifetime. Each bucket kit filter is about the size of a one litre bottle of water but capable of producing thousands of litres of safe, bacteria-free water.

Disaster Aid works closely with local Rotary clubs. We stayed at a hotel owned by two Rotarians, Hans Schilders and Lise Van de Camp, two Dutch expats from the Portsmouth club. We also worked with Aylmer Irish, President of the Rotary Club of Roseau.

With additional water filters donated by the two

Rotary clubs, around 250 water stations were distributed to isolated villages.

This meant that about 1,000 people were given access to safe drinking water.

The importance of bacteria-free drinking water cannot be underestimated as everything flows from safe water. That simple step immediately improves health and relieves pressure on hospitals.

One of the bits of advice I had been given before deploying was to take wee daft gifts for the kids. The person advising me had taken loom bands and the kids loved them. I bought

300 foam smiley faces and about 150 packs of Parma Violets sweets.

All my life I have been told never take sweets from a stranger and all my adult life I have been careful not to break that rule as well. But here I was in the Caribbean, 4,000 miles from home, handing out sweeties to children.

There might not be many Marias christened in the near future but because of Disaster Aid International's deployment, more babies and their families will have a secure roof and access to safe drinking water.

Dominica will take years to recover from Maria and much help is still needed. Can you help restore the Garden of Eden? |

For more information visit:  
[disasteraiduk.org](http://disasteraiduk.org)  
[disasteraidusa.com](http://disasteraidusa.com)



One of the team Suzie with a young girl at Caliebishie

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John Ewing presenting a picture to the general manager of the Trump Turnberry Resort.

# His master's voice!

**T**HE words and voice of Paul Harris have been brought back to life thanks to an amazing technology project in Scotland.

Back in 1933, the Rotary founder recorded an interview with a radio station in Boston when he spoke about Robert Burns and how the philosophy of the Scottish Bard carries the true meaning of Rotary.

Now, visitors to the Trump Turnberry Resort in South Ayrshire, just half an hour's drive from the Burns Museum in Alloway near Ayr, can see and hear that interview in moving image form.

The picture, presented by the Rotary Club of Ayr, hangs in the Centenary Gallery of the resort and amazingly comes to life using a smartphone or tablet.

The film has been recorded in augmented reality form allowing it to be played on a smartphone. Visitors download the free Zappar App and point their smartphone at the Zappar logo on the picture to hear Paul Harris talk.

John Ewing, from the Rotary Club of Ayr, has been a central figure in this project. "What we have is a 58-second video of Paul Harris talking about Robert Burns," he said.

"This was edited from the eight minute broadcast and his lips have been synced on

the image to make it appear Paul Harris was being filmed. There were no normal sound movies outside Hollywood in the 1930s."

In his own words, we learn of Paul Harris's love of the works of Robert Burns after a visit to nearby Burns Cottage and the Bachelors' Club, where he is quoted as saying: "I went to worship at the shrine of an immortal, Robert Burns."

Paul Harris was no stranger to Scotland. Accompanied by his Scottish-born wife Jean, he visited Ayrshire a number of times when he was expanding the Rotary movement into Europe.

Co-incidentally, Jean's brother, John Thompson, was the Minister at the Annbank Church just outside Ayr, and during these visits Paul Harris became fond of the works of Robert Burns, who was born in nearby Alloway.

The Trump Turnberry Hotel was recently presented with a photograph of Paul Harris. All guests are given a complementary iPlayer during their stay so that they can see and hear the picture when they visit the gallery.

John introduced the amazing technology to Rotarians at the District 1230 Conference in Clydebank last autumn. ●



**RI DIRECTOR 2017-19**  
BRIAN STOYEL

It has been rather a hectic few months as I am sure many of you have experienced what I have endured. Downsizing!

I never appreciated how easy it was to fill a house and how extremely hard it was to empty that house.

But life must carry on - as I now realise change will have served a purpose and can be considered a process of development at no matter what stage it is undertaken.

Change in one's personal life and the world of Rotary should be a time for compassion, reflection, consideration and questioning.

Is there the need? Who will implement it? Who will measure the success?

Perhaps Rotary is rather more complex as it has existed over 100 years, with rules, regulations, commitments and expectations plus a constant annual change of leadership.

In some respect, this can be a strength and a weakness, demoralising perhaps without careful consideration of the consequences. Our clubs and districts must go beyond basic personal need, we must look at global strength, global need and how best can we serve that need.

The International Assembly in January was the start of our Rotary annual change.

A great gathering of incoming Rotary leaders - new ideas and emphases requiring learning, preparation and targets.

The right change will bring with it enthusiasm, a fresh approach, a new band of workers and a succession of individuals who are working for the benefit of our beneficiaries in numerous humanitarian projects across the globe.

The Council on Resolutions' success with online voting will bring many items to the board for consideration, as well as topics mentioned in the last magazine.

Having enjoyed your Rotary experience I ask you to look to the future - look to change - look to see how you can be a part of that change. Loosely based on Mr Spock - In the years to come Rotary will not 'be as you know it' But we will still be there, doing what we have always done, but more significantly with increased membership because Rotary will be Making a Difference. †



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# Green shoots of recovery

*An innovative agricultural project in India which has been supported by four Rotary clubs in four different countries is reaping rewards.*

**T**HE lush, green fields of Warsop in Nottinghamshire, just a bow and arrow shot from Sherwood Forest, are a far cry from the dry and parched fields surrounding villages in Maharashtra.

Here in Western India, the risk of desertification is high - when arable-rich land becomes bereft of water and vegetation. It means that during the dry season, farmers are forced to leave their families behind, travelling to nearby towns for work.

Water is chronically scarce and how villagers tend their land can no longer withstand rapidly-changing climates.

It is a desperate situation, and one which has prompted the Rotary Club of Warsop, Shirebrook & District to partner with clubs from three separate countries towards a life-changing initiative developing water and land resources in rural India.

In India, agriculture and related industries, such as fisheries and forestry, employ around 50% of the workforce, particularly in rural regions.

The Nandanvan Trust works with farmers, educating them on improved methods for water collection, storage and irrigation, and helping villages to future-proof agricultural practices.

But without funding support, groups like the Nandanvan Trust, which is a Non-Governmental Organisation (NGO), struggle.

So since 2014, the Rotary Club of Warsop, Shirebrook & District has worked with clubs in Pune (India), Ellwangen (Germany) and Zofingen (Switzerland) to raise funds for the Trust's activities, particularly in Maharashtra. The money has helped conserve and protect land resources, with tangible results.

Rotary funds have developed an additional 80 hectares of new fields - more than doubling the amount of land available for farming before the project was launched.

Farmers have planted more than 12,500 crop-producing trees such as cashew and custard apple. And thanks to improved irrigation, 75% of these trees are successfully growing in a climate where there used to be scrubland.

Water availability in the area has been

significantly improved. Despite heavy rainfall, wells surrounding the village, including two new bore wells created by the Nandanvan Trust, were often completely dry before the project began. This was due to a lack of adequate provision.

Now, none of the five wells villagers rely on for drinking water or irrigation run dry at any time in the year.

A combination of techniques, including digging continuous contour trenches and forming 'rice paddy' style reservoirs, means water can be collected effectively during monsoon season and then stored for use or dispersed among fields during the dry season.

The human impact of the Rotary clubs' work cannot be underestimated.

Families in this area live below the United Nations' definition of the poverty line, on less than \$1.50 a day. During the dry season, farmers used to leave their wives and children behind to work in the cities.

The women would walk miles each day to fetch clean drinking water. For some, they quit the villages and their way of life altogether to move permanently to nearby towns.



Before: the parched fields of Maharashtra



After: lush, irrigated land filled with crops & trees

Thanks to improved agricultural practices and access to water, there has been no migration of farmers during the dry season. Even better, two families who had left the area have returned to benefit from the greater opportunities this new way of farming has brought the village.

Younger farmers, aware of the pressing demands of a global food market and the risks of climate change, are working together to change how they farm in the future.

Overall, the equivalent of 15% of the project's investment is going back to the villagers through additional income from their land.

The success of this project has led to a brand new initiative. Inspired by the direct positive impact that's been made by their funding, a group of international Rotary clubs have joined forces with the Watershed Organisation Trust (WOTR), an NGO working in areas where water poverty is a harsh reality.

Last year, the WOTR won the

2017 Land for Life Award from the United Nations Convention to Combat Desertification, where its pioneering work was recognised for the tangible way it had transformed the lives of communities.

Warsop, Shirebrook & District's partner club, Zofingen, wants to mobilise 100 international Rotary clubs in 2018 to provide further funds for the WOTR's projects in India and their developing work in Malawi.

Working together means we can raise more money, spread the good work of NGOs like the Nandanvan Trust and WOTR further, and benefit the lives of more communities at risk from water poverty and desertification. |



If your club would like to get involved, contact Warsop, Shirebrook & District Rotary Club Secretary Geoff Snare at: [secretary@warsop-rotary.org](mailto:secretary@warsop-rotary.org)

You can read more about the Maharashtra project at: [goo.gl/EkpFBS](http://goo.gl/EkpFBS)



**TRUSTEE CHAIR 2017-18**  
PAUL A. NETZEL

ON February 23rd, Rotarians will celebrate World Peace and Understanding Day – the 113th anniversary of Rotary's founding.

Peace has been at the core of our organisation from its earliest days. We established the Fourth Object of Rotary in Edinburgh, Scotland, in 1921. We were in London when the seeds were sown for what became UNESCO after World War II. In Havana in 1940, we adopted a resolution calling for "freedom, justice, truth, sanctity of the pledged word, and respect for human rights," which became the framework for the United Nations' Universal Declaration of Human Rights in 1948.

We were active in the formation of the United Nations. In 1945, almost 50 Rotarians served as delegates, consultants, and advisers at the San Francisco Conference when the UN charter was written. Today, almost 73 years later, Rotary maintains the highest consultative status with the United Nations of any Non-Governmental Organisation.

A number of our Rotary Peace Fellows work in UN agencies. Rotary's representatives to the UN also host a Rotary Day every November to celebrate our partnership for peace.

Today we also have a new partnership with the Institute for Economics and Peace, which was founded in Australia by tech entrepreneur Steve Killelea. The institute emphasises what is called Positive Peace, based on eight "pillars": a well-functioning government, a sound business environment, equitable distribution of resources, acceptance of the rights of others, good relations with neighbours, free flow of information, high levels of human capital, and low levels of corruption.

Between now and June, we have the opportunity to participate in Rotary President Ian H.S. Riseley's Presidential Peacebuilding Conferences in six cities across the world. Take a look online at [rotary.org/presidential-conferences](http://rotary.org/presidential-conferences). We will continue to explore how the eight Pillars of Peace align with our areas of focus.

Together with our partners, we will work to establish ourselves as global thinkers and leaders to advance understanding, goodwill, and international peace. |

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# *I aim to change the world in some way, every day*



Harry receiving his Rotary Young Citizen Award at last year's Rotary Conference in Manchester

**H**ARRY McCann is just 18-years-old, but has already achieved so much.

Last year, the young Irishman was named as one of the 10 Outstanding Young Persons of the World by Junior Chamber International, which is a non-profit organisation for people aged between 18 and 40-years-old.

Harry was nominated for the award by his club, the Rotary Club of Naas.

Last April, Harry, from Clane in County Kildare, was one of Rotary's Young Citizen Award winners, which he was presented with at the Rotary Conference in Manchester.

Here, Harry explains what he's up to, and what makes him tick:

## **What are you up to currently in terms of business?**

I am working on a lot of really exciting ideas and projects at the moment. I have just

finished school so I am taking time now to find my feet and really get stuck into some exciting new projects, and develop some existing projects. A lot of my time now is going to the Digital Youth Council [digitalyouthcouncil.com](http://digitalyouthcouncil.com) which has big plans for the year ahead. I am the Executive Director which keeps me busy.

## **What does it mean to you to be named as one of the 10 Outstanding Young Persons of the World?**

It is a huge honour, and I am truly very grateful. The aim isn't to work for recognition, the aim is to have a positive impact on the world, but it is always nice to receive the recognition and get the pat on the back.

## **What are your long-term ambitions?**

The long-term goal is politics, and hopefully Taoiseach (*Prime Minister of Ireland*) – there's no reason to aim low. I have always

been extremely passionate about helping people and I believe the best way to do this is by pursuing a career in politics. I have plenty of ideas and have a vision for how Ireland should look going into the future.

## **What has been the secret of your successes?**

I don't really think there is a secret, to be honest. I've just never stopped doing what I've always done from the beginning, which is working hard and aiming to change the world. I always find if I work hard and aim to change the world in some way every day, success comes my way. It's not really a secret, more of a work ethic.

## **How did you get involved with Rotary?**

I became involved in Rotary through the Youth Leadership competition. I was very lucky to be selected as one of the young people to travel to the European Parliament in Strasbourg.

## **Describe the Rotary Club of Naas.**

The Rotary Club of Naas is very simply a group of local people passionate about helping the community. The work they do is amazing, and I really look forward to becoming a bigger part of the club in the coming months.

## **What more could Rotary do to attract a younger generation?**

I believe Rotary needs to put an emphasis on digital. We are living in the digital age where most of us connect and interact with each other via social media and other digital platforms. I believe Rotary needs to go digital to attract a younger generation. The old practice of meeting once a week in person does not and will not appeal to a younger generation. There are already so many amazing Rotary eClubs around the world, we now just need to get other clubs to come on board. |

# It takes *a community*

*Rotary Community Corps allows volunteers to tap into our organisation's network. by Brad Webber | illustrations by Jing Zhang*

**M**OBILISING more than 200,000 volunteers across 92 countries, the Rotary Community Corps expands Rotary's reach by bringing the knowledge and talents of local people to projects in their communities.

Sponsored by a local club, corps members are not Rotarians but can tap into the Rotary network.

Conceived as the Rotary Village Corps during the term of RI President M.A.T. Caparas in the late 1980s, the Rotary Community Corps (RCC) was initially viewed as a programme for the developing world.

Even today, most of the 9,400 RCCs are concentrated in India, followed by the Philippines and Africa. About 60 are sponsored by clubs in the United States; Canada hosts four.

Every community corps differs in size and scope. Here we focus on two projects, one in Swindon, and another in South America.

## **Leticia, Colombia**

In 2010, rains thrashed Colombia, flooding nearly 4,000 square miles of farmland and coastal villages – including Leticia, an impoverished community reliant on the shrimp harvest.

“It was completely flooded. You had to go house to house in boats,” said Carolina Barrios, a member of the Rotary Club of Cartagena de Indias, which delivered essentials to the community of about 400 people in the immediate aftermath of the storm.

“But when the floods passed we could not just leave this community by itself.”

The Cartagena Rotarians wanted to

help revitalise Leticia. But the journey there was difficult – a 45-minute drive from Cartagena, followed by another 45 minutes aboard a motorboat.

“This community doesn't receive a lot of assistance because it's so far away,” added Carolina. To bolster the relationship, the Rotarians recruited residents for a Rotary Community Corps.

“We got a leader from each block,” Carolina said. “All the elected leaders in Leticia are women. At the time, our club was also all women. It was easy for us to relate to them.”

Initially, Carolina pointed out, the members of the RCC of Leticia were not always on the same page. “But they have





developed the ability to solve problems in an amicable way, because they know they are important to the community.”

One thing the village struggles with is adequate sanitation. “We asked them for their solutions,” said Carolina Barrios.

Asking people from the community to do their own assessment and come forward with solutions to problems is a core principle of RCCs.

After putting together a needs assessment, the Leticia RCC members worked with Districts 4271 (Colombia) and 5280 (California) and the Rotary Clubs of Los Angeles and Woodland Hills, California, on a \$38,000 (£29,000) global grant to install a basic sanitation system that included 25 septic tanks and 25 bathrooms, each including a toilet, shower, and sink.

Members of the RCC monitor the system to ensure that it is working properly. Using other funding, the corps also beautified a church that serves as a community hub, equipping a small room with computers, improving a playground, and planting trees.

In 2015, the high school that serves Leticia and the nearby village of El Recreo faced closure. Members of the Rotary club encouraged the women in the RCC to go to the municipal offices and advocate for their rights.

The appeal spared the school and brought a new Rotarian into the Cartagena de Indias club – the local secretary of



education, Clara Inés Sagre Hernández – and resulted in a new RCC in El Recreo.

“New friendships have developed,” Carolina explained. We have music, we have dances, we eat together. The RCC members consider us part of the family. It’s also been important for our growth as a club.”

### Swindon, England

In the United Kingdom, induction or hearing loops help broadcast sounds for people with hearing loss by generating a magnetic field that is picked up by hearing aids and cochlear implants to lessen background noise and bring conversation to the forefront.

Under the Equality Act 2010, these loops should be installed in most public

buildings, including libraries and council offices. But without anyone trained to activate them, many of the audio-frequency systems – which are based on World War II technology developed by the Royal Navy to detect enemy submarines – remain idle.

Heeding the call of *Rotary* magazine editor, Dave King, who worked with the charity Hearing Link, a non-profit focused on hearing loss, his club the E-Club West of England started a Rotary Community Corps in Swindon to address the problem.

Tim Mason, who had founded Britain’s first Rotary Community Corps in the nearby Wiltshire town of Malmesbury, formed a steering committee which included councillors, audiologists, officials from the Great Western Hospital and Zurich Insurance, as well as representatives from businesses and charities in Swindon.

They recruited 15 people, including two Rotarians. By December 2016, two-person teams from the Let’s Hear in Swindon Rotary Community Corps had checked more than 500 loops around the town.

Their awareness campaign has encouraged more hearing aid wearers to use loops and businesses to instal them.


“With Let’s Hear, there was a groundswell of people who wanted to improve the situation for the hearing impaired, and community groups across the country have begun to replicate the project,” explained Tony Horn, a past governor of District 1100, and a member of the Rotary Club of Swindon Phoenix.

While the UK is a latecomer to adopting the RCC model, Tony and Tim see promise for hands-on, technical projects.

Members of the RCC in Malmesbury focus on flood control, monitoring the water level of the River Avon, checking that sluice gates remain free of debris.

“There was a need for a service group that could help the town,” explained Tim, who is now heading up a new group, Rotary Social Innovation, which is based in south-east Hampshire.

“Rotary Community Corps is a good way for us to recruit volunteers and get them interested in Rotary. It’s an ideal platform for people to start learning what Rotary is all about.”

 Does your club want to start an RCC? Learn more at: [rotary.org/our-programs/rotary-community-corps](http://rotary.org/our-programs/rotary-community-corps).



Hearing loop being used in Boots Chemist



# Destigmatising dementia

*Dementia cafés are springing up all over the country, havens for people to be given support and advice and Rotary is heavily involved supporting the cafés. Here, and on page 36, we focus on two successful projects at opposite ends of the UK, in Berwickshire and Devon.*

**W**HEN the Rotary Club of Duns dedicated their club's charitable efforts to dementia several years ago, a few Rotarians, including 2014/15 club president David McLuckie, were all too familiar with the disease's toll.

His mother-in-law had suffered for years with dementia and the club's junior president had also lost a parent to the illness.

"There was a lot of interest within the club to make things better within our community for caregivers and families," explained David.

They started with a fund-raising dinner to benefit Alzheimer Scotland.

Organised by Rotarian Grant Stephen, there were three popular speakers, an auction, and more than 150 guests, netting the tiny club in the rural Berwickshire town, with a population of

3,000, more than £10,000.

Stephen was recognised with a Rotary Champions of Change Award, but the club didn't stop there.

When David's wife Audrey proposed opening a dementia café to give caregivers and sufferers a place to meet for tea, share information, and learn from visiting social workers and other experts, the club funded the café's rent and other expenses to operate one afternoon a month at Duns Parish Church.

"Rev. Stephen Blakey, the church's minister, is also a Rotarian so when I spoke to him he was really positive about it," explained Audrey, whose mother passed away a month before the café opened in January 2015.

"I'd heard about these cafés from Alzheimer Scotland and thought it would be a good idea in Duns.

"I was lucky to have a supportive

husband and sister, and access to good information, but not everyone has that."

Rotarian wives and other volunteers brought baked goods each month to what became the Forget-me-Not Café which has since relocated to a smaller storefront space.

And local Rotarians asked for donations to the café in lieu of gifts on their birthdays.

The Duns club was also certified as a Dementia Friendly Club by Alzheimer Scotland, after a visiting dementia nurse took Rotarians through a training session about the disease.

"We wanted to raise the profile of dementia and not make it something people were afraid to talk about," added Audrey McLuckie, about the café and the club's year-long campaign.

"Just because you have this disability doesn't mean you have to be locked up." |

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# How a dementia café galvanised a community

*Dementia is fast becoming a ticking time-bomb with an ageing population. According to the Alzheimer's Society, there are around 850,000 people in the UK suffering with dementia – one in 14 people over the age of 65 will develop the disease.*

**M**EMORY Cafés were started in the south-west by the Rotary Club of Tiverton, as part of the Rotarians Easing Problems of Dementia initiative.

As a result, the Sid Valley Memory Café was launched by the Sid Valley and Sidmouth Rotary Clubs in April, 2010, with the support of Devon County Council.

Initially, the café met once a month as a place where members could chat, have tea and enjoy music and other activities.

After a slow start, the café grew quickly and now 40 to 50 members meet each week where they enjoy an expanded range of activities, including outings, exercise sessions and walking and gardening groups.

Music plays a major part in the café's

activities and it has produced its own songbook.

The support offered to carers forms an important part of the café's activities. Many new friendships have been formed, which can be particularly valuable as old friends often fade away as memory problems increase.

Remarkably, even after losing their partner or the cared-for, members continue to visit because of the friendships they have made.

The café has become a major asset for the community in the Sid Valley where 40 per cent of the population is retired and 15 per cent is aged over 80.

It is run entirely by volunteers and has been self-funding shortly after its launch. The annual expenditure is around £7,000 which covers the cost of rent, insurance and outings, a sum which

is met by donations, fund-raising and council support.

In 2015, following discussions with Dementia UK and supported by the *Sidmouth Herald* newspaper, the café launched a campaign to raise £50,000 to fund an Admiral nurse for the Sid Valley.

Admiral nurses give much-needed practical and emotional help to family carers, as well as those living with dementia. Thanks to huge community support, along with a Big Lottery grant, the first Admiral nurse in Devon started work in April last year.

In addition to its weekly meetings and outings, the café has recently launched a befriending drive, with the support of Aviva, to help overcome the isolation often experienced by carers and those living with memory issues. |

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## LATEST NEWS FROM AROUND GREAT BRITAIN & IRELAND



## ONE MAN'S VISION

**I**T was in 2001 that Billingshurst Rotarian and farmer David Tilley was visiting his sister Elizabeth in Iringa, Tanzania, with his wife Helen.

David had already sent out a tractor to help the local farmers, but he then met Bishop Donald Mtetemela in Kilolo, a small village an hour's drive from Iringa, where they discussed what more could be done.

There was only primary education for many of the local children in the rural highlands of Tanzania, and little hope for their future. Bishop Donald shared his vision and desire for a secondary school to be built there.

That was all the prompting needed. Before he and Helen left Tanzania, the foundations and walls of the first building of St Michael's School were up and he was heading back to West Sussex to raise funds.

Storrington & Pulborough District Rotary Club also sent working parties to Africa, and through the charity Soapbox International, teams of 20-plus young people were taken out each summer to work on the project, building classrooms, dormitories, teachers' housing and toilet blocks.

A girls' dormitory was an early addition so that they would not have to walk to and from school in the dark.

In 2010, the David Tilley Children's

Foundation was set up to ensure the continuation of the work and fund-raising to enable the school to progress in the future.

David's widow Helen Tilley and their son Mark, are two of the trustees, together with members of Storrington & Pulborough District Rotary Club, and every year one of the trustees visits the school to see what needs to be done.

I was lucky enough to be invited to Tanzania with Helen, and David's sister Elizabeth who, having taught in East Africa for 26 years, speaks Swahili and has many friends there.

St Michael's also takes private pupils, who help to fund the growing school, but there are now 40 pupils, who wouldn't otherwise get a secondary education, who are sponsored for four years through the David Tilley Foundation.

Billingshurst Rotary Club still sponsors three students, and one of the members has recently taken on a fourth pupil, so it was really lovely to see these youngsters, having followed the progress of three of them through their annual letters.

They could not spend much time with us because they had to get back to classes, but I was interested to see the well-equipped computer room and a library more in need of shelves than books.

I noticed a Roald Dahl book on one pile,

notices reminding students to 'please speak English', and a hand-crafted poster for the burgeoning Scout troop.

One student supported by the club has gone on to college and the three current pupils being sponsored say they want to be a teacher, a doctor and a nurse.

David would be proud to see the results of his efforts, and Bishop Donald is determined to put up a plaque at the School to pay tribute to David and Helen Tilley.

Since our return we have learned that the Bishop had to go to the hospital where he met a young doctor who told him that he had been one of the first pupils to attend St Michael's.

This is another project which Rotary can be proud of. ●



To find out more visit: [davidtilley.org](http://davidtilley.org) or [office@gofisch.org](mailto:office@gofisch.org)



## ITS LIFT OFF FOR AIR AMBULANCE

**L**ONDON Rotarians have raised more than £38,000 to purchase a vehicle, the “Helivan”, for London’s Air Ambulance - the charity that provides an advanced trauma team for the 10 million people who live and work in the capital.

The Helivan will be used to transport kit and equipment to educational talks and community events in London, and replicates some of the interior of London’s Air Ambulance helicopters.

This vehicle will be used to engage communities with the life-saving work the charity does, and inspire children to pursue Science, Technology, Engineering and Mathematics careers.

Apart from helping to fund-raise for London’s Air Ambulance, this prototype vehicle also promotes Rotary in London.

Rotary in London Past District Governor Helen Antoniou hosted the launch at Rotary in London’s headquarters near Regent’s Park, where they were joined by The Bill actor Mark Wingett, a Rotary supporter.

In handing over the keys, Helen Antoniou said: “This high-profile project is a wonderful achievement, and demonstrates just how effective Rotary is, and how clubs

can actively make a difference to their community.”

Rotary’s support for London’s Air Ambulance and the Helivan included a three-year service plan for the Helivan, as well as a Thomas Pack, Reboa bag, Intubation kit, Infrascanner, gazebo, iPad with Wi-Fi and cellular access, facilitating the use of the “Helimed App”, life-size cardboard cut-outs of a doctor, paramedic and pilot as well as a large graphic of the LAA helicopter!

London’s Air Ambulance CEO, Jonathan Jenkins said: “The whole charity is extremely grateful to all the Rotary clubs in London who have fund-raised to make the Helivan a reality.

“We are a service funded by the people of London for the people of London and the Helivan will enable us to reach out to communities across the city. We will use the Helivan to take our message to where it matters; to the people whose donations enable us to provide our service.”

London’s Air Ambulance delivers a 24/7 advanced trauma team to the capital’s most critically injured patients.

The service costs £8.7 million per year, the majority of which has to be found through fund-raising. ●

## GET HIGH ON ROTARY’S BIRTHDAY!

**R**OTARY celebrates its 113th birthday on February 23rd, and there’s still time to make a mark on the day. Vectis Sunrise Rotary Club from the Isle of Wight are offering Rotarians the chance to climb the O2 Dome in London as part of a Rotary birthday climb.

This sponsored event has now become a regular part of the Rotary calendar. Fifty per cent of the sponsorship will go towards buying Aquaboxes for water and hygiene projects in Africa, through the charity Roll Out the Barrel. The other 50% being retained by the Vectis Sunrise club for community and Rotary projects including End Polio Now. ●

You can register by logging onto: [benefitgigs.com/rotaryday](http://benefitgigs.com/rotaryday)

## SAFETY FIRST

**O**LYMPIC heroine, Dame Mary Peters, warned students about the realities of road traffic accidents, at a safety initiative organised by the Rotary Club of Comber.

The ‘Just One Life’ initiative was organised by the Rotary Club of Comber and was attended by students from a number of schools in Northern Ireland.

Officials from the Police Service of Northern Ireland (PSNI), the Department for Infrastructure and Oakland Insurance were on hand to offer advice.

Dame Mary Peters won Olympic gold in Munich in 1972. Sadly, six months after that triumph, her coach Buster McShane was killed in a car accident.

She told the students: “This is a morning that could save your life or the life of your father, or mother or your friends.

“Life is very precious. I have had the most incredible life. In 1972, I won a gold medal at the Olympic Games and it changed my life forever. It also changed the life of my coach, but sadly six months later he died.”

A crash site was set up outside the college as the students watched volunteers act out how serious injury is caused when a car and cycle collided, as emergency services worked at the scene.

The students later witnessed a mock court scene, where the young driver was charged with a number of offences.

Inspector Rosemary Leech from PSNI Road Policing pointed out that more than a quarter of the drivers and half of the passengers killed in road traffic accidents in the province were aged under 24. ●



## NEWS IN BRIEF

### WHAT A SHOCKER

THE Kinver Rotary Club Sheepwalks Shocker and Sheepwalks Shuffle running events produced a record numbers of entries and three first-time winners. A record 380 runners entered the 10k "Shocker" multi-terrain run across the Enville Estate in the West Midlands, alongside the 2k "Shuffle", proceeds donated to the Kinver Fitness Collective.

### RAN OUT OF CUPS

SUCH was the popularity, that they ran out of cups for the Rotary Club of Nairn's Big Tea event.

Around 140 people attended the event which featured a fashion show, music and a sumptuous afternoon tea served by bow-tied Rotarians. The Scottish club raised £1,321 which, after bills were paid, left a surplus of £900 to support local good causes.

### NEVER MIND BREXIT

THE Rotary Club of Folkestone has joined forces with Rotary clubs in Liege, Belgium, Lille in France and the Rotary Club of Cologne from Germany. They have signed a new four-year deal pledging to jointly undertake an international humanitarian project each year to 2021. Since they started working together, the four clubs have undertaken 14 projects worth more than \$600,000 in Africa, India and Nepal, supported by The Rotary Foundation.

### IT'S ALL THE FASHION

ECCLES Rotary Club has raised around £1,400 to support the work of the Alzheimer's Society's Dementia Hub at Salford University. The Alzheimer's Society tirelessly works to help and support those diagnosed with dementia and their families, by research, care and activities such as music, reminiscence and dance. In conjunction with M&S Bolton, the club organised a successful charity lunch and fashion show.



THE Aston Villa Football Club Academy was the host of the Rotary District Special Needs Football Festival.

Now in its 21st year, 220 pupils took part with 30 teams drawn from 16 schools in Birmingham and the West Midlands, as well as parts of Warwickshire, Worcestershire and Staffordshire.

The Rotary Club of Wylde Green, supported by its Inner Wheel Club, organised the event for the seventh year, with sponsorship provided by clubs in the district.

Dr Charan Bunger, District Governor for Rotary District 1060 presented trophies

and medals to the players.

Wylde Green Rotarian and festival organiser, Nick Thurston, said: "The Rotary Special Needs Football Festival is an event we all look forward to each year. We have to host it over two days because it's so popular. There's always a fun atmosphere where everyone is friendly, enjoying playing football together.

"Rotary remains most grateful to Nigel Macrow and the team at Aston Villa Football Club for their help and support. Thanks are also due to Jo James, the Community Champion from Tesco at New Oscott who provided most of the refreshments for players and helpers." ●

## PACKING AN EDUCATION



ROCHFORD Rotary Club's International Chairman, Graham Abel, is surrounded by 34 backpacks which the Essex club sent to the charity Mary's Meals.

Mary's Meals supplies over 1.2 million school meals each day to children in several countries in Africa, to encourage them to attend school regularly. They also provide backpacks of goodies to be used at school, which are donated by various organisations such as Rotary clubs.

Each of the Rochford Rotary Club's 34 members filled a backpack with the items specified by Mary's Meals - a notepad, pens, pencils, coloured pencils, eraser, ruler, sharpener, and pencil case. There was also a small towel, shorts, shirt, and

flip-flops, together with soap, toothbrush, toothpaste, a small ball and a spoon. In total, 17 blue backpacks were shipped out for boys and 17 pink for the girls aged between four and 12-years-old. ●



## A TREE-MENDOUS EFFORT

**N**ANTWICH Rotary Club President, Tony Hoy, joined pupils and teachers from Millfields Primary School in Cheshire to plant 105 trees in Coed Wen, Nantwich's Community Woodland.

The mass tree planting was as part of the Rotary International pledge to plant 1.2 million trees before Earth Day on April 22.

The trees were donated by the Rotary Club of Nantwich and included hawthorn, dogwood, wild cherry, silver birch, rowan, and hazel.

Wildlife expert and Nantwich In Bloom committee member, Doug Butterill, was on hand to give advice and has promised to return to give the children some nature lessons in the Spring.

Tony explained that protecting the environment and curbing climate change were essential elements of Rotary's goal of sustainable service.

"Environmental degradation is now one of the main threats listed by the UN," he added. "These 105 trees will remove carbon dioxide and other greenhouse gases from the air, so we are doing our bit here in Nantwich to help slow global warming. They will also help attract more wildlife to the area." ●



## ROLL OUT THE PURPLE CARPET

**T**HE purple crocus has become a symbol of Rotary in Great Britain and Ireland's efforts to eradicate polio through the Purple4Polio campaign. It represents the purple dye used to mark the finger of a child once they have received the life-saving polio vaccine.

The Purple4Polio crocus planting began in 2016 with nearly seven million purple corms being planted.

Now, with Spring just around the corner, another carpet of crocuses is expected to feature in towns and villages across the isles.

This year, Rotary is aiming to go even further with 10 million purple crocuses blooming shortly, and in the Autumn hundreds of Rotary clubs were involved in planting.

Among those was Dorchester Poundbury Rotary Club in Dorset, which played its part by planting 5,000 crocus corms at a brand new school, Damers First School.

The school has been developing outside areas for the children to enjoy, and the purple crocus fields will add a great deal of colour this Spring.

Dorchester Casterbridge Rotarians, and even a visiting Rotarian from Basingstoke, Hampshire, were joined by parents, children and teachers from the school for the planting.

The school organiser, teacher Edd Moore, who is also a Dorchester Poundbury Rotarian, organised the morning's planting, which was completed in just an hour and a half. ●

## WE SHALL REMEMBER THEM



**O**NE hundred deciduous trees were planted on a plateau overlooking picturesque Loch Lubnaig in the Scottish Highlands as part of a tribute to mark those who had fallen in battle.

On a wet and windy afternoon, 18 pupils from Callander Primary and McLaren High schools assisted Rotarians from the Callander & West Perthshire club to plant a Commemorative Grove, to honour the memory of servicemen from Callander who fought in two world wars.

In particular, the grove, which is situated besides a footpath which leads up to Ben Ledi, honoured the 67 men who did not return from World War One, 100 years ago.

The pupils were led to the site by piper

Cameron McLay, who played stirring music while they did the planting. Also present were Dr Mike Cantlay, Chair of Scottish Natural Heritage, who gave a short address, inaugurating the Commemorative Grove, and unveiled an information board.

Callander's Airticity Fund and Community Hydro Project have contributed funding to meet the costs of producing the information board, making it a genuinely community-based collaborative project.

The children were instructed and assisted with the planting of the trees by Rotarians and Forestry Commission staff for a project which was three years in the making. ●



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The Rotary Club of Greenwich have kindly sponsored a day of workshops in their local primary school – this means that 120 children will become potential little life savers in one day! Your club can make a difference too.

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## INSPIRATION TO THE COMMUNITY



In January 2016, 15 Syrian families arrived on the Isle of Bute in the Firth of Clyde as refugees from the savagery in Syria.

In the following months, they have integrated into the local community, thanks largely to one of the younger members, Malek Helmi.

Aged just 18 and with a limited knowledge of English on his arrival, Malek quickly improved this skill and now speaks it very well with the hint of a Scottish accent! He is now a very important link between the two cultures, encouraging and assisting the other Syrians to communicate in English or should that be Scottish!

On a recent Royal visit to Rothesay he acted as interpreter for the Duke of Rothesay when he met a delegation from the Syrians. Malek's leadership skills and popularity amongst his peers and staff at Rothesay Academy were further recognised when he was elected as a school house captain - another step on a positive journey of integration between the communities.

As a result of these achievements, Malek was recently presented with the Rotary Club of Rothesay's Young Citizen of the Year.

Club President Billy Shields said: "Malek is a charming and intelligent young man, who has made a hugely positive contribution to our community. It is indeed a privilege to recognise this and present him with this award." ●



## MINIBUS APPEAL SUCCESS

A FIVE-year plan to raise £25,000 for a minibus for students at the Horizons College in Swindon has been completed within less than one year - thanks to the help of Rotary.

Cliff Puffett from the Rotary Club of Swindon, and who is also a governor at the college, came up with the idea of fund-raising for a minibus, enabling students with learning or physical disabilities to get out more often, widening opportunities for them in the community.

It started as a five-year fund-raising campaign, but quickly changed to become a more dynamic challenge to be completed within a year and with frequent fund-raising activities with a heavy accent on Rotary.

The Horizons' Bikeathon was born and 12 students visited supermarkets in Swindon, Marlborough and Cirencester completing miles on static bikes, raising awareness

and funds.

Cliff said "We went to towns where we had supporting Rotary groups. We've received tremendous support and it's been really heart-warming to see how keen the kids have been to get stuck into this challenge; they have all benefitted from their experiences."

The challenge had reached the £22,000 mark and Cliff felt an event to raise the final £3,000 would be just the ticket, so he organised a sporting dinner with horse racing legends Johnny Francombe, Bob Champion and Carl Llewellyn. To his delight £5,000 was raised.

Cliff added: "I can't say thank you enough to all who have been involved with this project and helped us achieve this amazing result in just 10 months. This will make such a difference to the kids". ●

## YOUNG APPRENTICE ON THE UP



JO ANN ROSS, a Past President of Rotary E-Club of London Centenary makes her home in Harare, Zimbabwe,

where she has lived most of her life.

Her membership with an e-club based in District 1130 means she can engage in Rotary projects at community, district and international level.

In 2014 Jo Ann, a director of Junior Achievement Zimbabwe, known as Young Enterprise in the UK, convinced the E-Club of London Centenary to support this project

together with the Rotary Club of Borrowdale Brooke in Zimbabwe.

Following the JA Worldwide structured business programme, a company called Verity Holdings ZRP was established by students

Under the leadership of Tanaka Chingonzo, the student CEO, the company commercialised the process of converting waste plastic into floor polish for use in the school and surrounding community. The initiative won several awards.

Based on this success, Tanaka has landed a scholarship to study at the College of Wooster in Ohio. This success story is an excellent example of how an e-club can make a big impact in a community project 7,500 miles away. ●

A person with a red backpack and a green cap is walking away from the camera on a paved path that leads towards a large, ancient stone temple in Bagan, Myanmar. The temple is framed by a large, arched stone structure in the foreground. The scene is bathed in warm, golden light, suggesting sunrise or sunset. The path is flanked by green trees and a clear blue sky.

# Travelling *solo*



Kumarakom - small backwaters cruise



Some members of One Travel visiting Morocco

**A**CCORDING to Google search trends, the number of people searching for the terms “solo travel” and “travel alone” is continually on the rise as more people are choosing to set off and explore new destinations by themselves.

Travelling alone gives individuals a chance to step outside of their comfort zone, explore a new destination at their own pace, and meet a number of like-minded people along the way.

This year's ABTA Travel Trends Report found that 12% of travellers have taken a solo holiday over the past year, and indications across the board are suggesting that there is a strong chance of this trend continuing to grow in the future.

Statistics collected in the most recent national census have revealed that as many as one in three people in the UK are single and one in four British adults have either never been married, are divorced or widowed.

The Office for National Statistics strengthens this research by highlighting that 2017 divorce rates in England and Wales have risen for the first time this decade, leading to a significant upsurge in the number of single individuals.

Solo travellers are able to choose from a range of specialist solo tour operators to aid them with holiday planning and preparation.

For instance, One Traveller is the only tour operator solely dedicated to holidays for mature single travellers and offers an opportunity for more mature individuals to travel to over 40 destinations on an escorted holiday with other fellow solo travellers.

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Travelling alone can be a daunting prospect, but One Traveller provides dedicated and knowledgeable Tour Managers on every trip.

One Traveller provides all its guests with spacious double rooms, without the extra singles' supplements. Therefore, the solo tour operator makes independent travel more accessible and affordable for mature travellers.



*Travelling alone gives individuals a chance to step outside of their comfort zone, explore a new destination at their own pace, and meet a number of like-minded people along the way.*

Guests can utilise the online chat forums on One Traveller's website, which deliver a great platform for meeting and getting to know fellow travel companions.

Pre-holiday get-togethers are also an option allowing guests to meet their fellow solo travellers and Tour Managers before the trip begins.

Aiming to give back to international communities, One Traveller is supporting a range of charities and projects in 2018, including Project Ladli and Family 4.

Project Ladli, based in Jaipur, India, is a centre which houses and helps around 60 young girls, by teaching them various skills as well as offering informal classes in Hindi, English and dance.

Family 4 is based in Danang, Vietnam, and is a small orphanage home offering help to 27 children aged between 5 and 19-years-old whose parents can no longer provide for them.

As well as providing financial support for the projects, One Traveller also offers the projects necessary equipment and resources needed in order to carry out their work. This will be achieved by working closely with both charities to see what they need in terms of clothing, school supplies, toys and equipment.

During One Traveller's India and Vietnam holiday packages, guests will have the opportunity to choose if they would like to join the One Traveller Tour Manager on their visit to Project Ladli and Family 4 to experience and see first-hand the work that they do.

One Traveller holidays are therefore not only about encouraging solo travel and the exploration of new destinations, but also allow guests to give back to the global communities. ●



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# WHAT IS A 21<sup>st</sup> CENTURY MAN?

**MATTHEW COLLINS  
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SPEAKER**

In a post Harvey Weinstein world what is his future? And if masculinity is dangerous how can a man begin to manage his maleness?

Drawing on his experience of raising sons alone, teaching dangerous criminals in a male prison and simply being a bloke, former BBC 2 Travel Show presenter, Matthew Collins, offers a unique perspective on how men can start to tame the threatening side of their maleness. It all begins with language.

"Engage With Gentle Words" is a new comedic talk that Matthew is offering to Rotary groups. It's thought-provoking, literary and participatory. The males it covers range from toddlers and schoolboys to gangsters and gentlemen. It's essential listening for any man who wishes to become developed and mindful.

To find out more about Matthew Collins and to book him for this talk, go to: [www.matthewcollins.co.uk](http://www.matthewcollins.co.uk)

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Further enquiries can be made to Bruce Anderson Aberdeen St. Machar Rotary Club Tel 01224734800 or [anderss@talk21.com](mailto:anderss@talk21.com)

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# and finally...

with Managing Editor Dave King  
[editor@rotarygbi.org](mailto:editor@rotarygbi.org)

## Don't mention cricket!

**T**HANK heavens I interviewed Rotary President, Ian Riseley, before the Ashes series.

The cricket-loving Aussie will have the bragging rights later this month when he visits Coventry for the third of Rotary's Presidential Peacebuilding Conferences.

Before Christmas, and when the Ashes series was delicately poised at 0-0, we chatted about the peace conferences, which are his brainchild, and also taking place in Vancouver and Beirut this month, followed by Sydney, Chicago, and the Italian city of Taranto later this year.

Each will focus on how peace relates to each of Rotary's five areas of focus, as well as environmental sustainability.

"Rotary is full of good people and we shouldn't shy away from that; we are committed to peaceful relations," Ian told me. "I think Rotary can absolutely make a difference on peace which is why I have organised these conferences.

"Peace is important and I believe Rotary can make a difference on peace."

The third leg of the tour on February 24th is at the Ricoh Arena with the theme: *Disease prevention & treatment, and peace* and is well worth attending.

**For more information, visit:**  
[rotarygbi.org/peacebuilding-conference-2018/](http://rotarygbi.org/peacebuilding-conference-2018/)

Besides cricket and the peace conferences, we shared an fun half hour chat discussing a range of topics.

The interview makes for interesting reading. It can be found in full on the Rotary website where he talks about Rotary and why we need to look to younger Rotarians to shape our future.

Of course, this is the first magazine which you have to subscribe to for just a fiver to receive in print – details can be found on page 34. Remember, it is also available free to everyone online.

It is encouraging to see the number of Rotarians who still want the printed form and I hope more will sign up.

I'll never use a Kindle since I have always preferred to read a book in printed form. There's something special about the smell and feel, which goes back to the days when I collected freshly printed first edition newspapers off the presses.

And I prefer the magazine in its printed form too – but this is about choice.

The Rotary website is going to be revamped in the coming months. This will mean there will be more up-to-date news and information published online in an

accessible way. I know it is going to lead to better engagement with Rotarians.

On that point, have you booked for the Rotary Conference in Torquay from April 6th to 8th? It sounds like there's going to be a corking programme of speakers including broadcasters Angela Rippon and Chris Tarrant, rugby legend Phil Bennett, and Pam Rhodes from BBC's Songs of Praise.

One of the speakers will be polio expert Michel Zaffran from the World Health Organization who I interviewed last month ahead of his visit to the Devon Riviera.

The article will be featured in April's issue of *Rotary*. Michel firmly believes we will see no more polio cases this year, and receive the official all-clear in 2021.

I will also be in Torquay for the conference and on Saturday afternoon, April 7th, I'll be running a media workshop featuring website expert Chris Sweeney from the Rotary Club of Conwy, photographer Peter Croan from the Rotary Club of Galashiels & District and Sam Cross, a social media specialist from the Rotary Club of Plymouth.

It promises to be a light, but informative workshop, helping you to promote your club across a variety of multi-media platforms. It would be great to see you there, so please come along. ●

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