

Rotary

AUGUST | SEPTEMBER 2023

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Welcome

CROSSING the border beside a remote forest at midnight with harsh spotlights trained on our van, surrounded by heavily-armed guards, and this moment could have easily been drawn from a John Le Carre Cold War spy novel.

In fact, this was June 2023 and the Poland/Ukraine border, ominously just 50km from Belarus where no traffic crosses. Our van was carrying humanitarian aid from Warsaw to Kyiv, a 10-hour journey which my non-English speaking driver Victor makes regularly.

Driving across unlit roads during Ukraine's night-time curfew, we were stopped regularly at armed checkpoints, and when we eventually arrived at our stopover in the western town of Rivne at 3.30am, air raid sirens were wailing ominously in the deserted streets.

Eighteen months after Russian troops invaded Ukraine, it is easy to become war-weary, as the disingenuous behaviour of television presenters and politicians becomes headline news instead. So I make no apology for returning to the subject of Ukraine in this magazine with a series of stories presented after spending a week in the country, speaking to those impacted.

What is clear is that the work of Rotarians in Great Britain & Ireland is hugely respected. At the Ukraine Rotary District Conference in Dubno, Rotarians sought me out to convey their thanks for the work of Districts, clubs and key individuals who have provided £6 million worth of humanitarian aid.

But - and this is an important but - they still need your help; now and long after the war has finished. Which is why Ukrainian Rotary clubs, which have witnessed a surge in membership since the war began, are keen to partner with clubs in Rotary GB&I on projects. There

are contact details listed in the 'And Finally' article on page 66. I would urge you to think about it.

The main focus of this month's issue is the appointment of Scotsman Gordon McNally as President of Rotary International in 2023-24. Normally, Rotary International in Evanston sends a team to the country of the new RI President for the set-piece interview which is then published in Rotary magazines worldwide. This time they asked me to travel to Scotland around Burns Night earlier this year.

The feature is a deep-dive into the world of Gordon, who comes across as a gentle and thoughtful man without a hint of arrogance or pomposity. He's a roll up your sleeves type of guy who simply gets on and does things. And this was reflected in the warm conversations I had with Gordon's friends and his wife Heather.

Gordon's Rotary theme this year is 'Create Hope in the World' which, bearing in mind what is happening in Ukraine is very apposite. But his presidential themes stretch beyond bringing peace, while also prioritising mental health and empowering girls, demonstrating the continuity of leadership.

We live in challenging times wrestling with humanitarian and environmental challenges, but Rotary has proved time and again it is ready to step up to the plate. The section in this magazine focused on the recent Champion of Change awards amplifies that fact, highlighting the significant impact which Rotary and Rotarians are having on their communities.

It is a busy read, which I hope you will enjoy.

Dave King
Editor, *Rotary Magazine*

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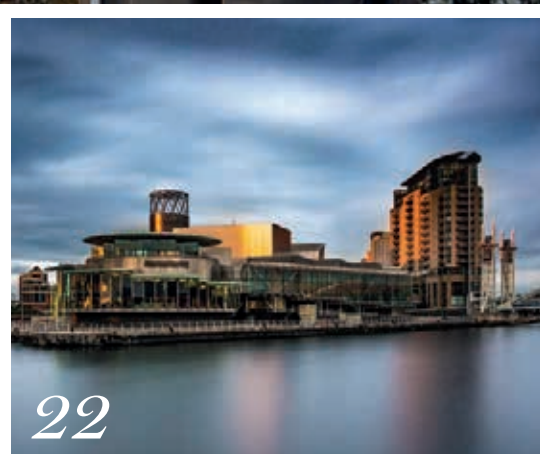


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A VERY MODERN GORDON!



Scot Gordon McNally has become the fifth Rotary International President from Great Britain & Ireland after taking office on July 1st. Editor Dave King went to meet him in his own back yard.

TO the familiar refrain of ‘Scotland the Brave’, a young bagpiper plays his tune with guests clapping loudly as he parades out of the hotel banqueting room. Behind him, carrying a ceremonial plated haggis and wearing green ‘Modern Gordon’ tartan, is Gordon McNally.

This is the back yard of the new President of Rotary International; Galashiels in the Scottish Borders, close to his home in Yetholm, near Kelso, and he is in his element with friends.

The occasion is Burns Night, a cultural classic filled with folk music, wee drams of whisky, enthusiastic renditions of the songs and poems of Scotland’s greatest poet, Robert Burns, and, of course, peppery haggis with neeps and tatties (swede and potatoes). It is quintessential Scottish.

Heather McNally, Gordon’s wife of 42 years, is wearing a sash of Rotary tartan-check colours of greens, light blue and dark red. A classically trained professional opera singer and music teacher, she belts out the songs of Burns learnt from childhood with her Scots brogue, rolling her r’s with punch and panache. 🎵

*Contented wi’ little, and cantie wi’ mair,
Whene’er I forgather wi’ Sorrow and Care,
I gie them a skelp as they’re creeping alang,
Wi’ a cog o’ gude swats and an auld Scottish sang.*

Now the haggis is something else. It is made of a sheep's pluck – heart, liver and lungs – minced with onions, oatmeal, suet, salt and spices, mixed with stock, and then, originally, boiled in the animal's stomach for an hour.

It sounds like a culinary nightmare, but on their travels the McNallys have been spreading word of the haggis's appeal to the Rotary community.

Heather explains how, on their visits to the States, they have sourced local supplies of haggis and even warmed up the Scottish delicacy in their hotel room microwave. "The smell of haggis lingered in the room the entire week," she recalls.

"We served it to other RI Board members while in Chicago. Everyone seems to love it, even though they were not quite sure what they were eating."

Heather and Gordon are childhood sweethearts who attended separate schools in Edinburgh.

It was on a music trip to Florence, Italy, that their relationship blossomed. What was Heather's first impression of Gordon? "I couldn't stand him," she says, with a gleam in her eye.

"We're not in each other's pockets, we do our own thing," adds Heather. "Even with Rotary, I belong to the Borderlands Passport Club and Gordon is a member of South Queensferry. Our lives have always

worked like that, largely due to work commitments, where we go off in different directions. We're both independent people, but we always come home at night and tell each other what we've been doing.

"We've known each other for 48 years, so you could say we've been around the block a few times."

Gordon agrees. The couple have two daughters, Rebecca and Sarah, and two grandchildren, Ivy and Florence. He describes Heather as "a very, very tolerant lady who has been a great support to me over the years".

He adds: "She's always a good sounding board. I can always rely on Heather to tell me as it is.

"If I give a presentation, everyone's going to tell me it was great, but Heather will always tell me the truth! I know I couldn't do this job without her support."

For Gordon, this is a night off, listening to youngsters from the Galashiels' schools deliver a series of dramatic recitations of Burns' works, including the 'Address to a Haggis' by young Poppy Lunn, who then theatrically cuts it open. There's more pipe music and fiddle playing, plus community singing, rounded off with a hearty rendition of 'Auld Lang Syne'.

A few days later, Gordon is at Abbotsford House which towers over the

gently-flowing River Tweed near Melrose, right in the heart of Scottish Border country. The countryside is a tapestry of greens, and in the distance loom the three conical peaks of the Eildon Hills, steeped in Roman history.

Abbotsford House was the home of Sir Walter Scott, the novelist, poet and historian, who created the historical novel and counted Queen Victoria among his fans. Her Majesty stayed at Abbotsford on her first trip to Scotland in 1867 and was so impressed by the building that Balmoral Castle was remodelled in the same style. Now, Scott's works such as 'Ivanhoe' and 'Rob Roy' have been adapted for the big screen.

Scott also influenced fashion trends in the 19th century by popularising the wearing of tartan – previously, anyone seen wearing tartan south of the Highlands was regarded as preparing for battle!

Today, the 19th century Scots Baronial building with its crow-stepped gables, 'pepper-pot' bartizans and elements taken from old castle and tower-houses in Scotland, is shut to the public for the Winter. Dust sheets hang over the furniture, and one poor soul is in the middle of cleaning the 9,000 books which line the shelves of the library.

"We're probably about half an 

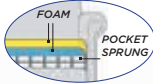


"WE SERVED IT TO OTHER RI BOARD MEMBERS WHILE IN CHICAGO. EVERYONE SEEMS TO LOVE IT, EVEN THOUGH THEY WERE NOT QUITE SURE WHAT THEY WERE EATING."

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"WE'RE PROBABLY ABOUT HALF AN HOUR FROM MY HOME, AND THIS IS A GO-TO DESTINATION WHENEVER WE HAVE VISITORS."

hour from my home, and this is a go-to destination whenever we have visitors," explains Gordon.

"It's a beautiful spot, with the River Tweed running behind us, and its links with Sir Walter Scott, one of Scotland's greatest novelists who, incidentally, went to the same school as me in Edinburgh – but not at the same time, of course!"

Of even greater significance for the photoshoot location was that from the age of 18 months old, Scott suffered from polio. He was paralysed in the right leg, and so his parents sent him to recover at his grandfather's farm in nearby Kelso.

Gordon is chatting to Mary Kenny, Abbotsford House's heritage engagement officer, and both agree that the celebrated author would have been a good Rotarian, given his high ethical stance as a lawyer and judge, together with his caring nature for his friends and employees.

"It was because of polio that Sir Walter was brought to the Borders where he heard the stories and songs which would inspire his writing," explains Mary.

With his theme of 'Create Hope in the World', Gordon is adamant that Rotary needs to finish the job of creating a polio-free world. Speaking at the Rotary International Assembly in Orlando earlier this year, he told delegates that with more polio cases emerging globally, it was more crucial than ever for Rotarians to lead the fight against the disease.

At that assembly, Gordon spoke for the first time about the suicide of his brother, Ian, who died eight years ago. Reflecting on that speech, at Abbotsford,

he said the feedback had been amazing.

"I wasn't seeking their sympathy, I simply wanted people to know that it could happen to anybody. A number of people came up to me afterwards and said 'your story is very similar to mine'.

"So, I think in talking about mental health and for Rotary to work towards improving mental health services, it is about stripping away the stigma and being prepared to get the subject out there.

"I might tell you, it was not an easy presentation to give. It was the first time I had ever been able to get through it without breaking down at the end.

"The one reason I wanted to tell that story in Orlando was to let people know mental health issues can impact anyone.

"I felt it was an important story to tell to illustrate why I feel so strongly about this subject.

"My call to action in this new initiative for Rotary is that we advocate for removal of the stigma of talking about mental health, help people to find better quality care, and also support them through their journey to recovery."

As he looks out through the stained-glass windows, Gordon talks about his love of the Scottish Borders and why, whenever he comes home from trips abroad, he can feel himself relaxing to the point he is convinced his blood pressure drops. After living for many years in South Queensferry, near Edinburgh where he worked as a dentist, Heather and Gordon chose to relocate five years ago to the area. Do they miss the city? Not one little bit.

"This is a very agricultural part of

Scotland with gentle, rolling hills.

"We're only an hour from Edinburgh, but this is a part of Scotland which people very often pass by.

"Heather and I have lived here now for the past five years, but it was a relocation that was over 30 years in the planning. All the time I was working as a dentist, we said it would be nice to ultimately make our home in the Borders, because it's where my forebears came from. My mother's family were farmers, and my mother was born on a farm about 15 miles from here.

"I've said to people since we came here that I feel as if my DNA has come home; I really do feel at home in the Scottish Borders. That may be a rather romantic notion, which brings us back nicely to Walter Scott, who was great romantic poet and novelist."

Many Rotarians expected the brand themes for this Rotary year to be wrapped around tartan. But Gordon has strayed away from what he describes as "tartan tat" to present a modern look for his year which will resonate with Rotarians around the globe.

The big talking point in Scotland currently is independence from the United Kingdom. A referendum nine years ago delivered a 'no' vote, but talk refuses to go away. Asked what it is to be Scottish, Gordon answers: "The great thing about being Scottish is that you can identify with this small nation, Scotland, but also recognise that we're part of a larger nation, the United Kingdom.

"I describe myself as a nationalistic 🎵



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Scot, but not a Scottish Nationalist. I am a very proud Scot. In Rotary, I walk under the Saltire, not the Union Flag. I also believe that Scotland, England, Northern Ireland and Wales should remain as the United Kingdom. But that's just my personal view, I don't want to get political over it."

If there is one passion which unites Border folk, then it's rugby. Although the population of the region is only 100,000, its unique cauldron of local rivalries has produced some of the best rugby players to come out of Scotland, many of whom who have gone on to play for the revered British Lions.

Once the photo call at Abbotsford House is out of the way, the next stop is Kelso Rugby Club for their local derby with Gala in the Tennent's National League 1. Joining Gordon and Heather for a pre-match meal of lentil soup followed by steak pie are six friends from the South Queensferry and Borderlands Passport Rotary Clubs. The conversation is rich and the laughter frequent, with friends catching up on the latest news.

As a former policeman, Doug Forsyth, has good instincts and he took the opportunity to approach Kelso Rugby Club President, Neil Hastie, about joining the new Borderlands Passport Rotary Club.

"Neil is someone who knows what Rotary is about in the community, but he likes the flexible approach of the Passport Club," says Doug. "We don't have weekly meetings, we don't have meals. We meet maybe once a month for a coffee and a scone and we do projects.

"At the moment, we're working on a project collecting old spectacles and sending them to a Rotary club in the Philippines which we have partnered with.

"We're here to do Rotary, not talk Rotary. We're all about making Rotary active and attractive."

Gordon, who has been in Rotary since 1984 and is a past President of Rotary in Great Britain & Ireland, looks on approvingly. "This is flexible Rotary and this is the future," he adds.

"I'd like to think that Rotary has begun to move forward to be a more modern organisation. We're changing the way we meet, we're changing the way we dress for meetings, we are people of

"SO MANY NEW STYLES OF CLUBS ARE SPRINGING UP. I WANT TO SEE ROTARY EVERYWHERE, IN A STYLE TO SUIT EVERYONE WHO WANTS TO BE PART OF US."

action. "And that's so important. It's not simply about meeting for meetings' sake. It's about doing things. So many new styles of clubs are springing up. I want to see Rotary everywhere, in a style to suit everyone who wants to be part of us.

"So, if you want to be part of a traditional Rotary club, and that Rotary club is successful, that's fine. But if you want to be part of a club that meets, say, on a Saturday morning for bacon rolls and coffee, that's fine too. And we need to make that choice available to everybody."

Around the table, there's widespread admiration for the man who will become President of Rotary International – only the second Scot, and the fifth from Great Britain & Ireland.

Out of earshot, Sandy McKenzie, President of Gordon's club at South Queensferry, insists they are very proud of the achievement. "We are absolutely delighted. Gordon is a down to earth, coal-face Rotarian. He is a man with his feet on the ground."

Club colleague, Kate Gibb, reveals how she always knew her good friend of almost 30 years would reach the pinnacle of Rotary International. "I remember telling our Minister, David Cameron – not the old Prime Minister – that he would be Rotary International President one day. Call it instinct. Gordon is self-effacing, humble and hard-working."

Gordon was a Second Row forward and Number 8 in his rugby playing days – "a promising career cut short by a severe lack of talent", he concedes.

At Kelso Rugby Club with his friends, he later watches the match from the stands wedged on the front row between boisterous fans of both teams. It's a fast and flowing match with plenty of tries, and plenty of good-humoured advice being dished out by the spectators.

Rugby is a big part of the family's life. Heather recalls one occasion when

the television cameras were at Kelso and they homed in on daughter Sarah, then a toddler, who was with Gordon watching a match. "Aye, they start them young in the Borders," sang the lyrical tones of legendary BBC rugby commentator, Bill McLaren.

Gordon's dental practice, where he was a dentist for 36 years, is just a drop kick from the Murrayfield Rugby Ground.

When he sold the practice in 2016, one condition was that he had permission to park there for Scotland internationals!

One of the sacrifices this past year of being President-Elect and the coming year of being President, is that Gordon and Heather will miss Scotland's Six Nations and other home internationals where they have debenture tickets at Murrayfield.

Gala steal victory over Kelso, 36-31, with two late penalties.

As we're getting ready to leave the ground, Heather notes: "Gordon jokes in his speeches how he is waiting for someone from the Nominating Committee for RI President to come along and say 'sorry, we called the wrong person with the invitation to be President. We meant to call the next person on the list!'

"It is such an honour. We're meeting Presidents of countries, visiting glamorous places and I'm pinching myself thinking 'I am just Heather, what on earth are we doing here?'. We're from a small village in Scotland of 500 people and here we are representing Rotary International."

But you must be immensely proud of Gordon for what he has achieved, is the parting question: "Of course," says Heather, "but please don't tell him that!" ●



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GORDON'S PRESIDENTIAL INITIATIVES



PRIORITISING MENTAL HEALTH

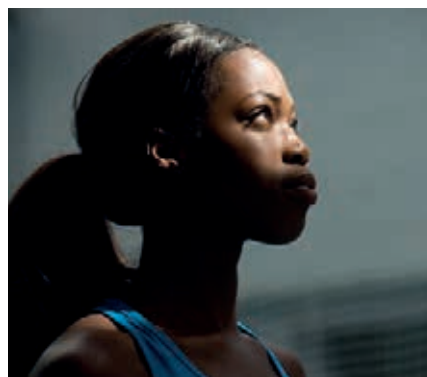
Talking about mental illness and emotional health may feel uncomfortable, but it's vital to the well-being of Rotary's global community. RI President Gordon McNally encourages clubs and districts to work towards creating a space where it's safe to address these issues to help provide a welcoming and equitable environment for all.

To do that, think about ways that you can:

- Erase any stigma associated with discussions of emotional well-being.
- Raise awareness of mental health needs.
- Improve access to mental health services.

EMPOWERING GIRLS

Gordon will continue the initiative launched by 2021/22 RI President Shekhar Mehta and maintained by 2022/23 RI President Jennifer Jones that focused on elevating the voices and unlocking the power of girls and women around the world. Rotary



encourages members to keep finding ways to improve the health, well-being, education, and economic security of girls.

BUILDING PEACE THROUGH VIRTUAL EXCHANGES

Rotary has a long history of working for peace through personal connections, but the COVID-19 pandemic made it difficult to do that face to face. Inspired by what we've learned during this time, Gordon encourages districts to incorporate virtual components into more of their programmes, events, and activities. By using innovative

technologies to make connections, we give more people the opportunity to experience Rotary's global community while laying the foundation for peacebuilding through improved intercultural dialogue, awareness, and understanding.

Adding or maintaining these components in our exchange programmes like Rotary Youth Exchanges and Rotary Friendship Exchanges will:

- Give members and participants new ways to experience other cultures, make new friends, and broaden their global awareness.
- Make membership more accessible to people with time, health, or financial considerations.
- Build stronger intercultural communication and understanding, and ultimately foster more stable and peaceful communities.

Information

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ROTARY CELEBRATES ITS CHAMPIONS

Five Rotary members from Great Britain & Ireland were recently recognised for their outstanding voluntary efforts after being nominated by their clubs.

JUNE saw Rotary in Great Britain and Ireland celebrate the outstanding service carried out by its members at the Champions Awards 2023.

The Champions Awards have been a staple of the Rotary calendar for many years now and give Rotary the chance to highlight the work of unsung heroes going out of their way to make a difference.

This year's winners, nominated by their Rotary clubs, have shown incredible dedication to causes both in their own community and across the world, from alleviating food poverty, to tackling maternal health in developing countries, to combatting flooding and supporting Ukrainian refugees.

2023's awards were sponsored by Staysure, with the ceremony being held at the stunning Birmingham Botanical

Gardens and was hosted by Good Morning Britain's Des Coleman. Everyone at the ceremony got to enjoy an evening of inspiration and entertainment, with the Birmingham Big Band providing a suitably jubilant soundtrack to the evening.

Here, we look at the five Rotarians that received recognition for their exemplary work on the night.

LORRAINE STANIEK NORTH COTSWOLDS ROTARY

The war in Ukraine has been devastating, with millions displaced and many more having their lives torn apart. Lorraine has given time, energy and incredible determination to ensure humanitarian aid has been delivered to those who need it most.

Alongside husband Greg, who is originally from Poland, Lorraine formed

Project Lifeline. Her rapid response meant that within 8 days of the war breaking out, Lorraine had collected enough donations of food, clothing, medicine and more to fill an articulated lorry bound for Poland.

Twelve months later, Project Lifeline has raised over £110,000 and facilitated the delivery of over 20 more lorries full of aid to the region. But it hasn't stopped there.

The project has purchased over 50 generators for homes and hospitals, fold up beds, maternity clothing, wheelchairs and mobility aids, laptops for children to continue studying, outdoor play equipment, water storage crates and so much more.

It has often been a physically and emotionally demanding journey, but Lorraine's unparalleled passion, fierce determination and humility has brought comfort in the most desperate of times.



“THE CHAMPIONS AWARDS HAVE BEEN A STAPLE OF THE ROTARY CALENDAR FOR MANY YEARS NOW AND GIVE ROTARY THE CHANCE TO HIGHLIGHT THE WORK OF UNSUNG HEROES GOING OUT OF THEIR WAY TO MAKE A DIFFERENCE.”

OF CHANGE

| STORY BY **GEORGE BICKNELL** |

Garreth Murrell (second right) completes Atlantic row

**GARRETH MURRELL
TYNESIDE ROTARY**

After a decade-long military career which included tours in Northern Ireland and Bosnia, Garreth lived with the devastating effects of Post Traumatic Stress Disorder (PTSD) long after his service ended.

Having overcome his own mental health challenges thanks to Neuro Linguistic Psychotherapy, Garreth decided to change careers to become a psychotherapist himself, as well as founding the charity Veterans at Ease. To date, Garreth has helped over 400 veterans, serving personnel and their families deal with PTSD and find the peace of mind they rightly deserve.

Garreth had one big expedition in his sights before retirement. In December 2022, Garreth assembled a team of Veterans at Ease members to complete the Talisker Atlantic Rowing Challenge;

a gruelling 45-day, 3000-mile row across the Atlantic Ocean, raising £139,000.

**ADRIAN MURRAY
BALA & PENLLYN ROTARY**

Since retiring as an NHS Obstetrician/ Gynaecologist in 2004, Adrian has volunteered his time to transform medical care in resource-poor countries. Having supported programmes across Asia and Africa, Adrian's most recent project has taken him to Tanzania.

After an initial five-year collaboration, in 2019 Adrian and his wife accepted the invitation to spend three years living in the village of Milo in the south west of the country. During that time, the impact on the community has been transformative, with Adrian overseeing a vast improvement in maternal health practices for the village's 30,000 residents.

With the provision of new

equipment, purchased as a result of Adrian's fundraising, and the training and outreach programmes he has delivered, the village has had over 1,100 safe and successful births without a single maternal death.

**DAVID LUMB
DRONFIELD ROTARY**

Incredible volunteers turn their vision into action and lasting change. David is someone who has done exactly that through The Fishtail Fund.

Named after a holy mountain behind the village of Pokhara, the fund supports children from this impoverished part of Nepal to reach their potential by sponsoring their secondary and further education. ▶



Bede Mullen (right) with Slow The Flow volunteers

**"SLOW THE FLOW
CREATES 'LEAKY
DAMS' USING
NATURAL RESOURCES,
WHICH SLOW AND
DIVERT WATER AWAY
FROM RESIDENTIAL
AREAS INTO
WOODLANDS AND
FLOOD PLAINS."**

Although primary education is free in Nepal, many families rely on their children to undertake household duties as they grow up, making secondary and further education impossible for some.

Since 2010, David has inspired and led a team, forged partnerships and sourced sponsorship to support over 90 students, who are now thriving in fields such as medicine and engineering.

Alongside core educational programmes, The Fishtail Fund also contributed to the building of a new school following the 2015 earthquake, and financed food parcels for the community during the COVID-19 pandemic.

**BEDE MULLEN
HEBDEN BRIDGE ROTARY**

Bede is Founder and Chair of the charity Slow The Flow, which works to alleviate and prevent the devastating effects of flooding in natural and sustainable ways.

Since 2012, Calder Valley in Yorkshire has experienced three separate years of severe flooding, damaging thousands of homes and businesses in the region, while also heightening the concern about more frequent and worsening extreme weather events.

Through Natural Flood Management, Slow The Flow creates 'leaky dams' using natural resources, which slow and divert water away from

residential areas into woodlands and flood plains. This process also facilitates the development of more prosperous and enriched ecosystems.

Bede and Slow The Flow have created a new sense of empowerment among the community and inspired the participation of large numbers of volunteers in the charity's programmes.

Alongside practical work, Slow The Flow's impact has included educational programmes for young people and schools, universities, businesses and the public at large. ●



Adrian Murray's transformational maternal health programme



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Sarah Clay (right) empowering communities through music

THE HEROES IN OUR COMMUNITIES

As part of the Champions Awards hosted by Rotary in Great Britain & Ireland, members of the public nominated by Rotary clubs were recognised for their integral voluntary work in the Community Champions Awards.

| STORY BY **GEORGE BICKNELL** |

SHIRLEY HART **NOMINATED BY: ERDINGTON ROTARY**

Shirley is the founder of Have a Hart, help the Homeless – a Birmingham-based homeless outreach organisation that distributes food, warm clothing and sleeping bags to those in need in Birmingham city centre.

Shirley started the project with her family and friends, using her small kitchen to cook food for hundreds of people and turning her house into a storage unit for all the resources they were distributing.

Fast forward to the present, 20 volunteers regularly help distribute

donated essentials to over 180 homeless people, and the organisation receives assistance from Birmingham City Council and the local House of Fraser.

MAURICE TAYLOR **NOMINATED BY: ROTARY** **IN CENTRAL EASTERN ENGLAND**

Since retiring after 44 years as an Engineer Officer in the Royal Air Force, Maurice Taylor has set out to help his local community not just by volunteering as the Colsterworth Nature Trail Leader but also helping the locals of Colsterworth, Lincolnshire, with litter picks, installing benches and putting up

Christmas lights.

For 10 years, Maurice has created, led and inspired volunteering efforts to transform the unused railway line in Woolsthorpe-by-Colsterworth, Lincolnshire, from a neglected piece of industrial land to into a green asset for the benefit of the local community.

Through his leadership, the initial group of 3 volunteers grew to 30 and after some much-needed clearing, Maurice and his volunteers had created a popular nature trail with a footpath that was over 2 miles long.

SARAH CLAY

**NOMINATED BY:
KINGSTON-UPON-THAMES ROTARY**

Drawing from her musical background, Sarah Clay originally started Voices of Hope by bringing together the marginalised and isolated in the Kingston area with community choirs, but the COVID-19 pandemic made Sarah use her strategic skills to expand what the charity could do.

Voices of Hope started the BRITE (Building Resilience In Today's Environment) Box project to address the increasing problem of food hunger, providing over 30,000 meals and food parcels to those in need across Richmond, Kingston and Southwark.

Sarah also started the Kingston Women's Hub – a partnership of organisations that brings holistic support to women recovering from abuse and long-term physical and mental health issues, with 135 women in weekly attendance.

NOEL MCKEE

**NOMINATED BY:
CARRICKFERGUS ROTARY**

For three decades, Noel William McKee has been involved in working for his community, both through his position in the Northern Ireland Fire Service and on a personal level.

His work has ranged from organising events at a local level in his hometown of Whitehead and at a national level where he spearheaded fund raising in the Fire Service, raising countless thousands of pounds for charities across Northern Ireland.

Since retiring from the fire service, Noel has continued to take part in a wide range of voluntary work, from litter picking to improving the appearance of his town, through supporting vulnerable people by running events to raise awareness of and improve mental health, setting up and administering a local food bank and organising wonderful support for local people throughout the COVID-19 pandemic.

NICOLA BOLTON

**NOMINATED BY:
MID WIRRAL ROTARY**

Nicola Bolton is the Deputy Headteacher at Heswall Primary School, Wirral, and a Fellow of the UK Primary Science Teaching Trust who has always advocated



Noel McKee (centre) raising thousands of pounds for charities

for her school to be one of the leading schools when it comes to protecting and fighting climate change.

The #Heswalloceanblue project, led by the staff and children of Heswall Primary, was a great success in raising awareness for the effects of single use plastic on climate change. Over 50 organisations collaborated with the school for a variety of different events and the children's "Take the Plastic Pledge" t-shirt campaign was supported and worn by several celebrities.

Nicola has also been actively engaged in getting her school to support 12 schools in Uganda in adopting measures to combat climate change in their area.

MARION TASKER

NOMINATED BY: RETFORD ROTARY

Marion Tasker, a former police sergeant from rural Nottinghamshire, has succeeded in improving the education and life experience of hundreds of girls in rural Africa through The Washable Sanitary Pads Project.

Beginning back in 2014, Marion established workshops to produce sanitary pads for schoolgirls, enabling them to attend school during menstruation when they were previously unable to.

Originating in the village of Luangwa, Zambia, the project has now expanded to multiple countries across Africa. It's estimated that over 7,000 girls in Zambia have benefitted from the Pads Project and evaluation has shown a 50% increase in school attendance of the schoolgirls involved.

ROBERT SMITH

**NOMINATED BY:
KIRKINTILLOCH ROTARY**

As the Founder of Group Recovery Aftercare Community Enterprise (GRACE), Robert Smith has worked tirelessly to provide a safe space for people in East Dunbartonshire, Scotland, suffering from any kind of trauma.

Seeking a better understanding of his own mental health issues, in 2012 Robert had a vision of establishing a peer-led recovery aftercare resource for the people in his community dealing with similar issues and the idea of GRACE was born.

GRACE now sees a regular attendance of 150 each week who engage in health and wellbeing activities designed to encourage personal development and learning. ●



EVOLVE ROTARY

NOT long now until the Rotary Action Summit in Manchester – the event of the year for Rotary in Great Britain and Ireland – so if you haven't registered yet, please do.

I would like to invite you to come and be part of an exciting experience in vibrant Manchester, the city where the action is, as we 'Evolve Rotary'!

Don't miss this opportunity to network with Rotary leaders, hear from inspirational speakers and join in the Rotary Action Summit's motivational programme. This event is for everyone! Rotarians, Rotaractors, non-Rotarians, you are all invited.

Manchester is famous for its evolution as the first industrialised city in the world, for being the home to two football giants, Manchester City and Manchester United, and the birthplace of some of the biggest and coolest British bands from Oasis to Take That. So, it's a great city to hold this event in.

We are delighted to be joined by

Stephanie Urchick, who will become the second female President of Rotary in 2024/25, and we have an inspiring line-up of speakers and guests, including the Lord Mayor of Manchester, Councillor Yasmine Dar, who will open the event.

ACTION SUMMIT

The Action Summit will take place on Saturday, September 16th and Sunday morning, September 17th at the iconic Midland Hotel in the heart of Manchester. A bronze plaque of Rotary's founder Paul Harris is in the hotel entrance in memory of his visit to Manchester Rotary Club in 1934.

POWER OF ROTARY

Ahead of the Summit, we have the Power of Rotary Day on Friday, 15th September with themed seminars led by Rotary leaders combining Membership, Public Image, The Rotary Foundation and much more. Among the speakers is Membership guru Tom Gump (more on him later). The objective is to expand our reach and show how we can do this

by working together. Come and share your ideas. We also have The Rotary Foundation Dinner and the Major Donors and Bequest Society Members reception on Friday evening.

EXPANDING OUR REACH

The Action Summit has a truly international flavour as Rotary in Great Britain and Ireland is linking with two other Zones, 17 and 18, so you will get the chance to mingle with Rotarians and Rotaractors from five Nordic countries (Norway, Denmark, Sweden, Iceland and Finland), three Baltic countries (Latvia, Lithuania and Estonia) and Poland. I am co-convening this event with fellow RI Director for these two Zones, Lena Mjerskaug and we would like everyone to enjoy this networking experience.

END POLIO NOW WALK

We also have the Walk and Talk for Polio on Saturday afternoon when we shall show Manchester that Rotary is in town, or should I say the city, as we publicise Rotary's top humanitarian goal

WINNING

Manchester plays host to the Rotary Action Summit in September attended by Rotarians from across Europe to hear from a variety of top-notch speakers.

STORY BY EVE CONWAY |

to eradicate polio globally. Everyone is being invited to wear End Polio Now branded and/or purple clothing and we shall be joined by not one but at least two life-size End Polio Now bears.

The walk will take a circular route, of just over a mile, beginning and ending at the Midland Hotel and passing local landmarks offering opportunities to discuss topics relating to Rotary's seven areas of focus.

ENHANCING PARTICIPANT ENGAGEMENT

This is an Action Summit which will have the focal point of the four pillars of Rotary International's Action Plan to increase our impact, expand our reach, enhance participant engagement and increase our ability to adapt. So, as well as hearing from our guest speakers, be ready to get engaged with "World Café" round table discussions around key themes and get some inspirational insights from Rotarians and clubs giving us the opportunity to learn from each other.

SPEAKER LINE UP

We are delighted to be joined by Rotary leaders and guest speakers from across the humanitarian spectrum.

STEPHANIE URCHICK ROTARY INTERNATIONAL PRESIDENT 2024/25

A Rotarian since 1991, Stephanie has served Rotary as Rotary Foundation Trustee and RI Director and will become the organisation's second female president in July 2024.

Among her many Rotary activities, she has travelled to Vietnam to help build a primary school and to the Dominican Republic to install water filters. She studies several Slavic languages, has mentored new Rotarians in Ukraine, and coordinated a Rotary Foundation grant project in Poland.

Stephanie wants to see 100,000 more Rotary members in 2024-25. She believes that the magic of Rotary happens at the club level, where the people are serving their communities.

"We need to make our club experiences simply irresistible," she says. "We want people to feel that there's value in getting involved in Rotary to create changes in themselves, in their communities, and in the world."

LARRY LUNSFORD ROTARY FOUNDATION TRUSTEE 2021-25

Larry was first introduced to Rotary during his college years after being a Rotary Foundation Ambassadorial Scholar in 1982 to Australia. He joined Rotary in 1991 and is a member of Kansas City-Plaza Rotary. Larry is currently a Trustee of The Rotary Foundation. ▶



Grace O'Malley



Aidan O'Leary



Amy and Ella Meek, Kids Against Plastic

**PAT MERRYWEATHER-ARGES
ROTARY INTERNATIONAL
VICE-PRESIDENT 2023/24**

Pat is a member of Naperville Rotary, and first joined Rotary in 2002. She has been involved in over 20 Rotary Foundation grant projects focused on her vocational and personal passions of health care, and water and sanitation. She will serve as Vice-President to RI President Gordon McNally.

**AIDAN O'LEARY
DIRECTOR OF POLIO ERADICATION,
WORLD HEALTH ORGANIZATION**

Aidan has a wealth of emergencies and public health experience. Before becoming Director of Polio Eradication at the WHO, he led UNICEF's polio eradication efforts in Pakistan and was the head of the United Nations Office for the Coordination of Humanitarian Affairs in Afghanistan, Iraq, Syria, and Yemen, organising the UN's emergency response during crises.

He has paid tribute to Rotary's role in ridding the world of polio and said: "The message is simple: A polio-free world is within reach. There is an opportunity, and now is the time to stay the course."

**KIDS AGAINST PLASTIC
AMY AND ELLA MEEK**

Amy and Ella Meek are the teenage founders of the environmental charity Kids Against Plastic. Since founding their

youth-led organisation back in 2016, they have worked hard to inspire kids and adults alike to take action to reduce their use of single-use plastics. Amy and Ella were winners of the first ever Rotary Young Citizen Environmentalist Award in 2022.

**TOM GUMP
AIDE TO RI PRESIDENT 2024/25
STEPHANIE URCHICK**

Tom is passionate about growing Rotary membership through forming new and innovative, cause-based Rotary, Rotaract and satellite clubs. He founded the first ever Rotary club to serve veterans and co-founded the world's first Rotary club to end human trafficking. He helped found the Rotary Club of Network for Empowering Women and The Kaleidoscope Rotaract Club, to serve those with autism and their families. He also helped form the Rotaract eClub for the Environment - the first ever cause-based, international, Rotaract eClub focusing on the environment. Tom is a member of the Rotary Club of Edina Morningside in Minnesota.

ENTERTAINMENT

**RETRO PARTY WITH ABALICIOUS
SATURDAY, SEPTEMBER 16TH**

Get set for an evening of entertainment with a Retro Party featuring Abalicious, endorsed by TV Critic Garry Bushell as "Britain's best ABBA tribute!"

Led by star vocalist Carla Winters, a former member of Bjorn Again, delegates can dance the night away to the major hits of the Swedish supergroup. Dress code is funky and fun.

Retro Party also includes a three-course dinner. This exciting entertainment and dinner are included in the registration cost for the Rotary Action Summit.

GRACE O'MALLEY

The Rotary Action Summit will open with a special performance by opera singer and past Rotary Young Citizen Award Winner 2013 Grace O'Malley. Twenty five year-old Grace from Lancashire is a scholar of Guildhall School of Music and Drama on the Artist Diploma course, as well as a graduate of the Royal College of Music. Grace has raised over £100,000 for charities such as The Royal British Legion and Petal Childhood Cancer Research UK by organising concerts and producing four charity CDs. Grace was a founding member of The Rotaract Club of London in 2020 and Club President in 2022/23.

HOW TO REGISTER

For a registration pack for the Power of Rotary and the Rotary Action Summit visit: rotarygbi.org/manchester23

This is an event not to be missed! So, join us and be part of the Action in Manchester in September 2023! ●

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Rotary profile

Meet the man who is the new Chair of the Board for Rotary in Great Britain & Ireland.



Name: Robert Morris
Rotary Club: Golders Green
 (District 1130 London)
Profession: Structural Engineer

HOW AND WHEN DID YOU FIRST BECOME INVOLVED WITH ROTARY?

I have been an active part of the Rotary family since becoming a founder member of a Rotaract club in north-west London in 1980. Moving on from Rotaract, and as if to prove that one can join Rotary at any age, I was invited into the Golders Green club by someone I had known from school. So I got married to Ros, another Rotaractor, and joined Rotary within a few weeks of each other.

WHAT DOES IT MEAN TO BE CHAIR OF THE BOARD?

At a personal level, it is a great honour to lead the Association as the new governance structure enters month 13 and on. Like others on the Rotary GB&I Board, I am a working Rotarian and keen to show that while also working is a challenge, it is not a hinderance, to taking on Rotary leadership roles at any level.

The Chair and two successors work as a three-year continuum, enabling long-term planning to be seen through governance of the Association and supporting all of our members is a collegiate duty for the whole Board.

The Board focuses on strategic direction for Rotary in this Region, while overseeing the operational delivery provided by the combined work of the Specialist Advisor Teams (SATs) and the Support Centre staff, to the Clusters,



districts and clubs.

However, even working strategically there are many day-to-day matters to be considered and managed by the Chair. The Chair also needs to be outward-facing, working with existing and potential strategic partner organisations.

WHAT DO YOU HOPE TO ACHIEVE OVER THE COMING 12 MONTHS?

Building on the solid foundations laid thanks to inaugural Chair Garth's efforts, we need to see through several projects developed by the Board's workstreams.

We've secured in principle RI Pilot funding for capital projects that support achieving our membership growth challenge of 60,000 by 2028. These projects need to be actioned; such as to enhance our member experience, ease the joining process to clubs and directly and widen the routes to membership.

I want to see through 'Incorporation of the Association', which the Annual Business Meeting approved; as there are various benefits that can be progressed once that is in place. Similarly, the review

of our Support Centre premises needs to have been carried out and reached its recommendations.

Enhancing the member experience has already seen a membership survey, which is currently being analysed. The findings need to be actioned and progressed in the coming months for all our benefit.

WHAT HAS BEEN YOUR MOST MEMORABLE ROTARY MOMENT?

Running a food concession, with Rotaract, at Live Aid 1985 was particularly special and, yes, we did get to hear some of the greatest bands ever on that iconic day. 10% of the takings came to us for charity and a cheque for over £1,100 was personally handed to Bob Geldof (who then left it in his jeans in the washing machine).

More recently, it was while cycling with RAG-Diabetes (the Rotary Action Group for Diabetes), from the Rotary International HQ in the Windy City to Space City for the Houston Convention. ●

If you have a story to tell and would like to be featured in *Rotary in Profile*, email: editor@rotarygbi.org

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GORDON McINALLY

ROTARY INTERNATIONAL PRESIDENT 2023/24

IN THE SPIRIT OF CARING

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organisation.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general

recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritise building social connection the same way we have prioritised other critical public health issues such as tobacco, obesity, and substance use disorders."

I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its June issue.

Our worldwide community and our foundational value prioritising Service Above Self makes Rotary a powerful global advocate for mental health.

A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests support for what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this

effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World. ●

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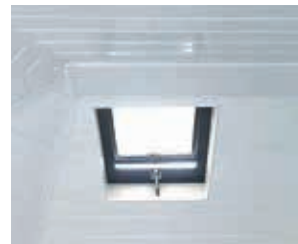
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**EVE
CONWAY**
RI DIRECTOR
2023-25

THE POWER OF ROTARY

I NEVER would have imagined when I was a Rotary Ambassadorial Scholar some years ago that I would one day become a Rotary International Director sitting on the Board of one of the world's largest humanitarian organisations. I am immensely honoured to have been elected to this role for the next two years and am looking forward to the time ahead and am excited about Rotary's future.

We are in the second year of One Region, One Rotary as the Rotary world's first regional pilot which is an opportunity to embrace change and build a better future here in Great Britain and Ireland.

My unwavering commitment to Rotary has grown ever since I was given the life-changing opportunity of being a scholar.

Thanks to Rotary, I graduated with a Master of Science in Broadcast Journalism from Northwestern University in Evanston, Illinois.

This helped me professionally working in TV and radio, including 20 years at BBC News. It also opened my eyes to the inspirational world of Rotary and how Rotary transforms lives.

Rotary's vision statement says: "Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves."

And that "in ourselves" is important because by being able to help those in need locally and globally, Rotary makes you a better person. So, let's spread that message to others to encourage them to join us.

As District Governor of Rotary in London in 2012/13, I linked with the District Governor in Mumbai, India for a successful Vocational Training Team project to stop mothers and babies dying in childbirth. We received a Global Grant from The Rotary Foundation for this impactful project.

This is an example of how we as Rotarians are making a huge difference to our world and how our support for our own charity The Rotary Foundation is crucial.

Walking through the slums of Delhi and putting two drops of polio vaccine into a child's mouth during a National Immunisation Day in 2017 and seeing the child's mother smiling at me grateful that her baby was being protected was an incredibly moving experience.

It shows the impact at the grassroots of Rotary's top humanitarian goal to eradicate polio. Let's finish the job and End Polio Now and forever.

Rotary is all about creating "Hope in the World" so let's keep telling the Rotary story to others and invite them to join us so that we have more hands to help us serve the world and our legacy continues. ●



**BARRY
RASSIN**
ROTARY FOUNDATION
TRUSTEE CHAIR

REACHING INTO THE FUTURE

THIS year, I urge all of you to think big about The Rotary Foundation. To reach our goals and make the impact we know we can make, we must think outside the box and embrace innovation. We must make bold plans to expand our reach today, tomorrow, and in the future.

Start by thinking big about Foundation-supported projects. If your club hasn't engaged in a Rotary Foundation district grant or global grant, make this the year you do.

Collaborating with your Rotary counterparts in another district on one of Rotary's seven areas of focus can make a lasting impact beyond your wildest dreams.

Explore Rotary Showcase at rotary.org/showcase or arrange a meeting between your club and your district Rotary Foundation chair to start a conversation.

Let's also think big about our polio fundraising this year. Begin planning your World Polio Day fundraiser now for 24 October if you haven't already. Let's see how Rotaract and Rotary clubs can make this year's fundraisers our best ever.

Thinking big about the Foundation also means remembering that through it, our impact goes beyond the current Rotary year. We see this through not only the emphasis on sustainability in our grant projects but also in initiatives such as Programmes of Scale. The third Programmes of Scale recipient will take on a big challenge: combating cervical cancer and enhancing women's health in Egypt through awareness-raising and improved access to preventive care.

The success of the Programmes of Scale grant model lies in our approach of closely collaborating with partners to amplify proven methods. Each year, The Rotary Foundation awards \$2 million to a member-led programme that has demonstrated success and has the potential to reach more people through scaling up over a three- to five-year period.

Our Programmes of Scale are the epitome of thinking big: Through them, we aim to establish sustainable partnerships and cost-effective programmes that deliver tangible benefits beyond the funding period. This way, Rotary and its Foundation can reach and assist more people in more places.

Lastly, let's remember that our efforts to make the world a better place should extend beyond our time on earth.

As we strive to reach \$2.025 billion by 2025 for Rotary's Endowment, consider how you can leave a legacy by making a gift or a commitment to a Rotary endowment.

By doing so, future generations of Rotary members will have greater financial resources to create positive change, just as so many are doing now, in so many ways. ●



ROBERT MORRIS
CHAIR OF THE BOARD
FOR ROTARY GB&I



AMANDA WATKIN
GENERAL SECRETARY
FOR ROTARY GB&I

IMPROVING OUR ENVIRONMENT

STRUCTURAL engineering building design is about solving challenges and requires a consistency of approach. As a working Rotarian, I endeavour to bring that thinking into my Rotary.

It is encouraging that the work of our Rotary in Great Britain & Ireland Regional Board is focussed on the same continuity and consistency of approach, to see through long-term projects and developments that will enhance the Rotary experience and grow the organisation.

In conjunction with Rotary International support, we have set a target of 60,000 members by 2028. It is indeed an ambitious challenge, needing continuity of all our efforts.

However, it really is achievable if we maintain the momentum shown by our two recent campaigns; where we met the target of a net increase of 1,600 members. My thanks to inaugural Board Chair, Garth Arnold, for bringing Rotary across these islands into the new era and keeping us on focus.

Earlier this year, my wife Ros and I fulfilled an ambition to holiday in the Amazon rainforest. We were humbled to see how locals respect and live in harmony with these amazing ecosystems. They understand its fragility, with simple ideas such as using local food ingredients, clothing that uses local materials and buffer zones to protect nature reserves.

We all have much to learn from this approach and being a designated Rotary Area of Focus recognises that respecting the environment should influence all of our projects and everyday living. There is now significant public traction in actively being more environmentally sensitive. Rotarians can play a proactive part in guiding and connecting with their communities.

After all, everyone can contribute to an improved environment, by how we live our lives - reduce, reuse and recycle - and by including simple sustainable options in our project preparation - reusable or biodegradable cutlery and crockery at your quiz nights and fetes.

Build environmental considerations into all of our work, near or afar. This could be by raising awareness, such as a club speaker; by our own everyday behaviours; or developing projects that achieve community buy-in and sustainability.

Respecting all aspects of our environment will of course improve lives for future generations. Yet with clean air comes better health for us all, clean water in developing regions brings health and economic opportunities, while a canal-side litter pick will enhance your local community and that clean locale brings a boost to everyone's wellbeing.

That for me is a win-win situation. ●

A FLEXIBLE ROTARY

A LOT of recent conversations I have been having amongst everyone working at Rotary revolve around how we can ensure Rotary's long-term future.

As an organisation, it is clear we need to be doing whatever we can to suit the lives of both current and potential members which requires a level of flexibility some traditional club models aren't used to.

This is one of the many reasons why I will always champion Direct Membership - a way of doing Rotary that embraces the future.

Joining Rotary as a Direct Member means that you join Rotary as an organisation and can work on a multitude of different projects with different clubs depending on what you are interested in.

The Rotary Direct Membership Network exists online 24/7, allowing full flexibility in terms of how you want to take part in Rotary.

If our time operating during the COVID-19 pandemic taught us anything, it showed us how much of an asset online platforms such as Microsoft Teams can be to Rotary.

To be clear, this is not an effort to push out the traditional Rotary club model many of you will be used to but as a way of improving potential connections between clubs and those new to Rotary based on the desire to volunteer.

When I spoke to Tim Mason, one of our Rotary Direct Membership Leads, he explained: "I see my Direct Membership as my door opener to connect other people to Rotary and I think that's how other people should see it."

"It is a partnership of Direct Members, who are a little bit like freelance Rotarians, not wanting to fundraise in your area but actually wanting to open doors and help the community build sustainability and awareness of Rotary."

I have only scratched the surface of everything Direct Membership has to offer, but I can assure you that, after watching how it has developed, this is a truly exciting opportunity to grow Rotary as we know it. ●

FIND OUT MORE:

www.rotarygbi.org/direct-membership





Letters to the editor

Every issue, we invite Rotarians to discuss topics featured in the magazine, or wider Rotary concerns.

✉ Working together for homelessness

A KIND WINTER was set up last year by a group of friends in a Rotary club. They started with a modest aim: to fill the cupboard of one homeless day centre where one of them volunteered with sleeping bags.

But as they raised more money than needed for one centre, they spread their sleeping bag donations to other homeless NGOs in London.

The sleeping bags were an immediate hit. Homelessness charities receive many donations of items such as warm clothes. But sleeping bags are rarely donated. Few donors have spare sleeping bags at home!

The NGOs supporting the homeless in London present a very fragmented landscape. On their own, they do not have the procurement skills nor the funds to get sleeping bags at scale.

This is what we do for them. KindWinter is a B2B service to the NGOs, who then distribute the sleeping bags to those who need them.

The homeless who received them were delighted and so pleased to have something new and clean! Sleeping bags are in huge demand.

One of the centres we serve, the Salvation Army on Oxford Street gets three requests per day for sleeping bags; that is over 1,000 bags per year.

To give some scale of the needs, local councils estimate 10,000 is the number of people sleeping rough every night in London. Around 10,000 sleeping bags would cost £120,000.

If 10 organisations gave £12,000, those sleeping outside would be warm.

Sleeping bags are so much in demand on the street that people have fought over them. They are regularly stolen from the homeless. Some have suggested that this would be a reason for us not to provide them.

On the contrary, let us provide so many of them that there will be no need to fight over them or to steal them!

We are not claiming to solve

homelessness. We are providing an emergency provision to help people withstand the cold when they have no other option than to sleep in the street.

Hypothermia and sleep deprivation are serious medical conditions, with major consequences. Immunity falls and the person suffering from sleep deprivation will be catching all sorts of infections. Depression will set in.

A vicious circle will start driving the person inexorably down.

We are the band-aid of homelessness. We are also working on getting a roof over their heads, but that is a much longer-term project. For the moment, these people are out there shivering all night. We cannot let this happen on our doorsteps.

Associating with other Rotary clubs was a huge benefit to the project. We share ideas. We learn from each other. This is really a case where $2+2=5$. We increase the fundraising power.

There is a real sense of the larger Rotary family. We are even presenting the project abroad. Other major cities in Europe have major homelessness issues. The sleeping bags we procure professionally for London can be procured for anywhere else in the world.

We are calling for all Rotary clubs in Great Britain & Ireland who have projects to help the homeless to band together. If we share ideas and skills we could accomplish so much more. Look at what Rotary accomplished with polio!

If your club has a project in this field, please contact us.

| Françoise Call, Rotary London
francoisecall@yahoo.co.uk
www.kindwinter.com



✉ Biking beats loneliness

IN the June/July issue of *Rotary*, reference was made to the joint efforts of Bromley Rotary Clubs and the National League football team to combat loneliness.

A wonderful charity Cycling Without Age Scotland (CWAS) has been countering loneliness, isolation and mental health issues for a number of years. It was created in Denmark in 2012 by Ole Kassow and Dorte Pederson who used specially adapted e-bike Trishaws to get elderly people from care homes out and about.

Their idea caught the attention of one of the most inspirational people I have ever met, Christine Bell, who, with a small amount of funding from the Climate Challenge Fund, brought over two Trishaws from Denmark in 2016 and Carrondale Care Home in Falkirk became the trial chapter.

Since then, 61 chapters are scattered throughout Scotland - and growing with 43,456 rides.

Two passengers sit in front with the pilot seated at the rear. 'Feel the wind in your hair' is our mantra. Passengers love the trips, make friends and improve their well-being.

One such passenger said: "I took a trip in a Trishaw yesterday and I was

soaked to the skin but it was the best day of my life. It beats sitting looking at four walls in my care home."

A generous grant from the Scottish Government has helped to make CWAS grow. CWAS could not exist without many volunteers; chapter captains, pilots and others.

I first met Christine when she gave a presentation to Portobello Rotary Club and eager to learn more kept in touch with her and subsequently became Chair of the Board of Trustees.

| Adrian A. McDowell
North Berwick Rotary Club,
East Lothian, Scotland



✉ If the cap fits!

I RECENTLY visited East Lincolnshire Air Museum to see the other British Lancaster aircraft. I have had a long-standing interest in aircraft and model railways.

My wife and I were in the tearoom when a gentleman came over and asked why I had not got wings on my Rotary cap badge. He was Feroz Wadia, Chairman of the International Fellowship of Flying Rotarians (IFFR) who had arrived for a visit to see the Lancaster. I told Feroz that I did not fly, but in the past held a glider pilot licence through the Air Training Corps.

He told me I could still be member because of my interest in flying.

Feroz invited my wife and I to join their group for the private visit around the Lancaster. Meeting this man and fellow Rotarians really made my day. I have subsequently joined the IFFR.

My club, the Rotary Club of Clitheroe, is lucky to have as its Secretary Tony Perry, who is also a member of the Chipping Gliding Club. He arranges for Rotarians from other clubs to experience flights in gliders over the beautiful Forest of Bowland.

Thank you Feroz for a day to remember, not only for the visit to the Lancaster but the hospitality shown to my wife and I. This is what benefits from wearing a Rotary cap!

| Robert Irwin
Rotary Club of Clitheroe, Lancashire

✉ On the lunatic fringe

YOUR feature about James Barrett's fictional book (*Rotary*, June) based on Rotary entitled "The Club" intrigued me greatly because I have used exactly the same publisher in Kibworth for a book which I wrote during the first lockdown entitled "Not Just Furry Dice!"

An alternative title could have been "35 Years in the Lunatic Fringe of the Motor Trade" and it is basically a light-hearted autobiographic (and slightly un-PC) tale of my working life during the rise and fall of the motor accessory market, including many pages of illustrations.

Much of the story will awaken memories of long-forgotten products.

It includes a foreword by the late international rally driver, Paddy Hopkirk.

I have addressed some local Rotary clubs on the subject and sold quite a few.

The book is available via Amazon at £14.99, but as a suggestion to raise further funds for Rotary I will be happy to mail out direct from my home on receipt of £15 to include postage, with the profit going to the Rotary Club of Leicester.

| Chris Mitchell,
Rotary Club of Leicester
chris_mitchell@me.com



Supporting MND battle

WE should all be proud of Rotary International for the support and funding to eradicate polio in our world.

The hot spots are now in Pakistan and Afghanistan and we all hope that through immunisation the battle will eventually be won.

However, I would like for a moment to focus on motor neurone disease and my feelings in supporting medical science.

Motor neurone disease (MND) happens when specialist nerve cells in the brain and spinal cord, called motor neurones, stop working properly and die prematurely.

MND can affect anyone anywhere, no matter of race religion or others, and in the past few years MND has become more noticed especially through the tragic loss of Scottish rugby international, Doddie Weir. There is also rugby league international, Rob Burrow, who is fighting MND, and it's heartbreaking to see how those affected fight on. I lost a very good friend to MND just over two years ago.

Doddie and Rob's families and friends will not give up trying to raise funds in support of medical science to try and slow down the disease and eventually stop its progression.

Could Rotary International pull together support to fight against this disease? As a Rotarian, I would like to think so.

| Danny Thompson
Sutton-in-Ashfield Rotary Club,
Nottinghamshire



✉ Loving 21st century Rotary

I COULD not resist writing this letter to express my delight that there is a future for Rotary in Great Britain & Ireland after all!

I resigned from my Rotary club last September having been in two previous clubs due to job and family associated moves. I was President of all three clubs during my 35 years in Rotary.

I have always been as active as possible, believing in all that Rotary does. My reason for resigning was sheer frustration at the way my club was resisting any kind of moving with the times.

We raised a paltry amount of funds and, apart from a small number of still enthusiastic and committed members, others were just 'going along' to the meetings. All our women members had left. Nobody was responding to ways that we could increase membership or think about the style of our meetings.

A month later, I received an invitation from a Rotary friend to the Rotary Club of Bury St. Edmunds Abbey. The outcome was that I rejoined Rotary of the 21st century!

We meet once a month for a business meeting followed by a hot buffet meal (guess why the meetings are brief but business like?!). The club has around 40 members most of whom work with a high proportion of women members.

It raised £45,000 in the 2022/23 Rotary year, with a target of £75,000 this year. It has built links with many of the businesses in Bury St Edmunds and has built links with numerous local charities.

There is usually a social evening organised once a month which is optional, so no apology is needed. No grace, no loyal toast and no final toast – shock horror!

I was welcomed with open arms despite my mild protestations that at 75 I might not be what they were looking for. The club is a force to be reckoned with and a lot of fun to be with.

I was quite dejected when I resigned from my old club last year, but I now feel rejuvenated, and I am looking forward to many more years as an active member. Well done, and thank you Bury Abbey!

| Jerry Noble
Rotary Club of Bury St. Edmunds
Abbey, Suffolk

✉ Glad to be back

I JOINED the Rotary Club of Caerphilly in 1983 when the club was engaged in many local, national and international projects. Ten years later as district governor, I was proud that our district was recognised by RI at the Rotary International Convention at Brisbane for its contribution to PolioPlus.

I enjoyed nearly 30 years of Rotary service before my club was forced to close as membership had shrunk.

Although invited to join other clubs, life took a cruel turn when my wife Patricia, also a Rotarian, was diagnosed with Parkinson's Disease. She passed away in October 2022, two days after our 60th wedding anniversary.

During her latter days, Patricia often encouraged me to rejoin Rotary.

A few months later, I fulfilled her other wish by being warmly welcomed into the Rotary Club of Cardiff East who meet a couple of miles from my home.

I soon realised how Rotary had moved into the 21st century with new features including clusters. I quickly became aware of new ideas and principles, including the excellent use of technology to share ideas with members across Rotary in Great Britain & Ireland.

I have been reading reports in the June issue of *Rotary* magazine and watched the splendid service news videos sent out by the Service Team Members. I was very pleased, as a polio survivor, that Rotary was still working to finally rid the world of polio.

As we enter a new Rotary year, I am looking forward to involving myself in the programmes and events addressed by my new Rotary colleagues at Cardiff East.

| Adrian W Cornelius
Rotary Club of Cardiff East

✉ Defeating loneliness

I WAS very interested to read the leading article in the June edition of *Rotary* magazine.

Loneliness is a modern-day scourge as the baby-boomer population ages and as social migration moves the younger people away to get employment.

Loneliness is a killer condition, affecting and exacerbating physical and mental health problems.

In 2016, I founded Friends for You, a befriending service for the residents of my hometown of Chorley. In 2018, I decided to begin Chorley's After-Loss clubs for newly bereaved and newly divorced people.

Then came Covid-19 and all our visits had to change to telephone befriending, prescription collecting, food shopping and short chats through windows or on doorsteps, but always socially-distanced.

I then came up with the idea of Talkin' Tables, contacting the owners of several cafes and chose one morning to give people a reason to get out of bed and go out. We began on lockdown release day July 19th, 2021, at the Majestic Coffee Lounge in Chorley.

Rotary District 1285 (which is Rotary in North West England and the Isle of Man) has adopted the scheme and I have drawn up a 10-point plan for any Rotary club interested in starting a Talkin' Tables scheme.

I thought Talkin' Tables was a quick-fix solution that would last a few weeks to help people over the challenge

of re-engaging post-Covid. Little did I imagine that two years later, it would be expanding to new areas, combatting loneliness as far south as Dudley/Stourbridge, as far north as Carlisle, as far east as Stockport and as far west as Tarleton. In total, 54 venues offering over 500 seats to combat loneliness.

Talkin' Tables is easy to run, offers a volunteer table leader the best job ever of having a brew and chatting to people one-hour every week.

I would love to conquer loneliness one Table at a Time through Rotary International in Great Britain and Ireland. Find your nearest table on my web page: talkintables.co.uk

| Marjorie Hayward,
Chorley, Lancashire
marjoriehayward@clara.co.uk



✉ Feeling blue!

I THINK Bob Chadwick (Rotary June) has missed the main point surrounding criticism of the current Rotary logo.

The actual design is fine but most of the adverse comments have surrounded its solo yellow colour, as opposed to the previous blue/yellow.

That solo yellow colour, printed on a white background, is one which most designers and printers try to avoid as the contrast is very poor.

As an example, even Rotary magazine avoids using it on several

pages in its latest edition - including the front cover which uses white out of red.

If the use of a solo colour was cost related, then surely blue would have been the better option? Maybe the American design studio which I assume submitted it, did not see it that way.

| Paul Whiteley
Rotary Club of Sowerby Bridge,
West Yorkshire



Seeking Morrell Murphy

I HAVE been utterly amazed to be reading recently about a Rotary member and World War Two veteran, Morrell Murphy from County Antrim, Northern Ireland, who turned 100 in February and survived the sinking of the HMS Capel.

My grandfather Frank Stewart Moodie from Dundee also served on the HMS Capel and was one of the few survivors.

He was born in 1924 and passed away in 2009, but for the past few months I have been researching this event when I discovered that Morrell Murphy is still living.

I am desperately trying to get a hold of the family, if they would like to hear from a relative of another survivor. Very likely, they shared the same life preserver.

My contact details are: Michael Mathew, 59 Warrander Park Road, Edinburgh, or email mjcm85uk@gmail.com

I wish to arrange to meet Morrell and find out if, by chance, he remembers my grandfather on that frightful day and my grandfather's role on the ship before it sank.

Sadly we lost all his medals, and items from the California wildfires in 2017, so it would be nice to hear any memory of him and I can pass onto his only child, my mother.

| Michael Mathew
Edinburgh
rotarygbi.org/one-hundred-up-for-northern-ireland-rotarian



Contact us

If you would like to contribute to the letters page, please email:
editor@rotarygbi.org

How philately will get you everywhere!

| STORY BY JOHN EVANS |



D ID you, like me, collect stamps as a child, and then give up during teenage years?

It was always a fine way to learn about geography and the countries of the world. My late father collected stamps throughout his life, so it was natural to pick up a renewed interest when he passed away.

My interest then became themes which interested me. Having been a Rotaractor from the 1970s, this naturally included Rotary.

Attendance at Rotary International Conventions meant that I quickly discovered the Rotary on Stamps booth in the House of Friendship, from where I was able to start up a collection, ably supported by other members of the Fellowship.

Rotary on Stamps started in the USA, around the time of the 50th Anniversary of Rotary International. A group of collectors joined together and organised a study unit named 'Rotary on Stamps' (RoS) under the leadership of the American Topical Association.

In 1955, 27 nations issued 80 stamps to commemorate Rotary's Anniversary. Since then, RoS has also become part of the Fellowships programme of Rotary International.

The first known philatelic item issued (overprints on earlier stamps) was in 1931, to mark the International Convention held in Vienna. It is thought that around 2,000 commemorative stamps have been issued worldwide.

Some 98 countries issued stamps to commemorate Rotary's centenary in 2005 and thereby recognised our contribution of service - both locally and internationally. The publicity surrounding all stamps featuring Rotary must be beneficial to our future.

Sadly, neither the Royal Mail nor An Post in Ireland have included Rotary stamps in their programmes, although some private issues have been permitted. Despite lobbying by the late Past District Governor, Mike Gosney, there has been no change in the official policy.

The British Island Post Offices have been more receptive. In 1998, Jersey's Christmas stamps recognised four service organisations, including Rotary.

To celebrate Rotary's centenary in 2005, the Isle of Man issued six stamps. I acted as an Assistant Postmaster at the 2005 International Convention in Chicago - the stamps were well received, and good sales achieved.

Guernsey Post Office issued a set of stamps, earlier this year, to mark the centenary of Rotary in Guernsey. It is hoped that Jersey may do the same in 2024.

Some members arrange to issue first

day covers to mark special occasions or events. These are often arranged around the Rotary International Conventions. Others are used for fund raising purposes.

Past President of the Rotary Club of London, Ian Balcombe, has arranged many such covers over the years, and managed to get the late Prince Philip, Duke of Edinburgh to sign a number of covers.

Rotary on Stamps issues a bulletin every two months, giving details of Rotary themed stamps and covers issued.

The February 2023 edition includes pictures of a private issue in Sri Lanka, to mark the visit of the then RI President, Jennifer Jones, to that island.

Since the start of the COVID pandemic, regular Zoom meetings have been held, when members from a variety of countries attend - these are timed to enable those in America, Europe and Australia to attend.

This medium has also been used for the annual AGM, as face-to-face meetings have been impractical.

In addition, stamp albums, an encyclopaedia and a catalogue are produced and updated each year. As these are prepared in the USA, postage has to be added to any quoted cost. ●

| Information |

There are already a number of RoS members in Great Britain & Ireland. If the subject of Rotary stamps interests you, look on the Rotary on Stamps website for more details and how to join rotaryonstamps.org



Last February, Guernsey Post’s philatelic bureau released a set of commemorative stamps to mark the centenary of The Rotary Club of Guernsey.

THE stamps, which depict some of the club’s projects in Guernsey and internationally, were released on February 15th.

The Rotary Club of Guernsey was officially chartered on March 3, 1923, and has achieved a great deal over the last 100 years.

Not only does the club manage key community projects within the Bailiwick of Guernsey, but it also proactively supports Rotary International’s goals to eradicate polio worldwide and to assist in the relief efforts for those suffering following worldwide emergencies.

Past President, Brian Acton said: “It is so rewarding to see some of our main projects highlighted by these stamps that will be in wide circulation as we continue to commemorate and celebrate our centenary milestone.

“The club is very grateful to Guernsey Post for launching this issue to acknowledge the service provided to the community and we are sure that these will be enjoyed by many.”

THE STAMPS DEPICT THE FOLLOWING PROJECTS:

DELANCEY GARDEN – 56P

Supported by individuals and local businesses, The Rotary Club of Guernsey transformed a derelict area of Delancey Park into a beautiful sensory garden and picnic area overlooking one of the best views in Guernsey.

ROUND ISLAND WALK – 79P

The Saffery Rotary Walk, which celebrates its 25th Anniversary in 2023, has attracted some 13,000 walkers over the years who collectively have raised over £850,000 for local charities.

END POLIO PROJECT – 87P

Delivering life-saving drops of polio vaccine into the mouths of children is critical to achieving Rotary’s dream of a polio free world. The Rotary Club of Guernsey proudly supports Rotary’s Global End Polio Now campaign.

JAPANESE PAVILION - £1.21

The Rotary Club of Guernsey, with support from the local community, led a centenary project to replace the Japanese Pavilion at Saumarez Park. This much-loved iconic structure is enjoyed by many people in the community.

CHRISTMAS FOOD HAMPERS - £1.39

The annual Flag Day, which raises funds to provide Christmas food hampers for those in need in the Bailiwick of Guernsey, was launched by The Rotary Club of Guernsey in 1938. It continues today, thanks to the generosity of the local community.

TREE OF JOY - £1.50

The Tree of Joy campaign was launched by The Rotary Club of Guernsey in 1994. It continues today as a community project to provide Christmas presents to children across the island who might otherwise not receive a gift at Christmas. ●

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'The hardest thing was watching as a young mother lost her infant child who was just 22 days old. Just as we walked in, the baby passed away because she had no water in her body and her mother did not have enough milk to feed her. She had not eaten in days.'

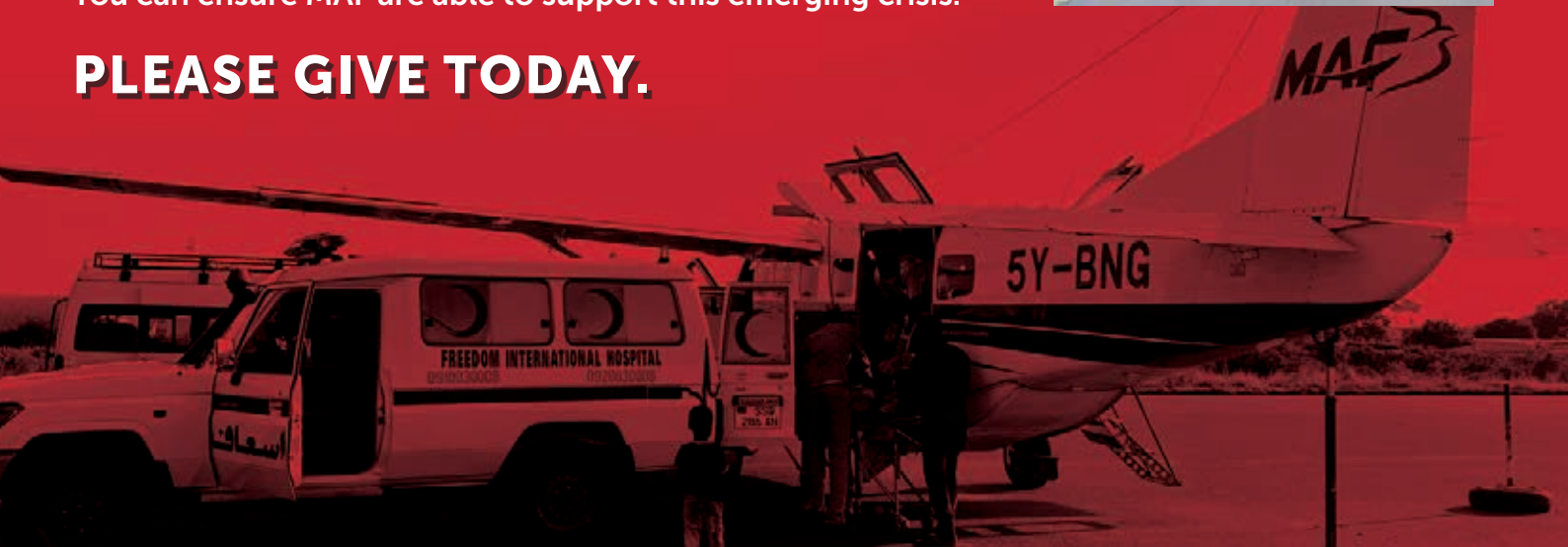
These are the words of Dr Paul Gal Atem who flew with Mission Aviation Fellowship (MAF) to Renk in early June, when the ceasefire in Sudan ended.

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WHAT HAPPENS WHEN YOU DONATE TO CHARITY?

WHEN you donate to a local, national or international charity, what happens to your money?

Much of it may go on administration expenses (sometimes more than 50%) and you hope that the rest benefits the headline cause the charity represents. You don't expect to have any further involvement with your contribution. You probably have little idea where and how the money will be used.

The Rotary Foundation is different. You will be aware that the administration costs are very small (generally 8-10%) and that the large proportion supports projects being undertaken by Rotarians with the same ethos as yourself.

Your gift to the Annual Fund helps Rotary and Rotaract clubs take action today to create positive change in communities close to home and around the world. Your contributions help us strengthen peace efforts, fight disease, provide clean water and sanitation, save mothers and children, support education, grow local economies, and protect the environment.

For many Rotarians the fact that your contribution will be sensibly used is enough. However, The Rotary Foundation supports Rotarians

undertaking these projects and your district and your club can have a direct say on how some of the monies are utilised if you want to be involved.

Through the SHARE system, contributions to The Rotary Foundation are transformed into Grants that fund local and international humanitarian

projects, scholarships, vocational training teams, and more. At the end of every Rotary year, contributions directed to the Annual Fund-SHARE from all the clubs in the district are divided between the World Fund and the District Designated Fund (DDF), after 5% is deducted for operating expenses.

At the end of three years, your district can use the DDF to support club and district projects that your club and others in the district choose.

Districts may use up to half of their DDF to fund District Grants. The remaining DDF may be used for Global Grants or donated to PolioPlus, the Rotary Peace Centres, or another district.

District officers are encouraged to monitor their district's DDF availability and activity by viewing the SHARE Contribution Detail Report and Available DDF by District Report through the Reports page of My Rotary.

All projects being supported by The Rotary Foundation have Rotarians actively involved.

District Grants are usually small scale and can be local or international.

These might be installing play equipment at a local community centre or perhaps providing mosquito nets working with Rotarians abroad. ●

Donation to Annual Fund SHARE

Donation is invested for 3 years; growth supports Foundation operations.

SPENDING DECISIONS SHARED

<p>World Fund (Trustee discretion)</p> <p>GLOBAL GRANTS AND PROGRAMS*</p>	<p>District Designated Funds (DDF) (District discretion)</p> <p>DISTRICT GRANTS GLOBAL GRANTS</p>
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*Includes PolioPlus, Rotary Peace Centres, other districts, and the Endowment Fund (areas of focus)

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THE TRUE FACE OF

WWAR

Rotary Editor, Dave King, visited Rotarians in Ukraine to discover the work they are doing during the war.



In a graveyard in Lviv, a mother tends the grave of her son. He was just 22 when he was killed last September.

In this patch of ground next to the main cemetery, there are rows upon rows of gravestones as far as the eye can see, with two freshly dug graves awaiting today's funerals.

Each gravestone carries a picture of the fallen soldier, some shockingly young, their dates of birth marked by this century.

The earth is decorated with ornaments, plus the familiar yellow and blue flag of Ukraine, and the red and black flag of the Ukrainian Insurgent Army – red Ukrainian blood spilled on the black Ukrainian soil.

Nearby, at one of the Orthodox churches, a photographic exhibition features the innocent faces of children whose lives have been scarred by the war with the death of their fathers.

One seven-year-old wrote: "I hate the war. I want my daddy back. I want to feel his warm embrace again."

This is Ukraine, June 2023. It is heartbreaking, with the dark clouds of war never far away. I spent a week in Ukraine, a visit which coincided with a counter-

offensive on the country's eastern front, and the destruction of the Nova Kakhovka dam in Kherson.

Lviv is the main city in western Ukraine, 330 miles from the capital Kyiv, and around 500 miles from the Russian front line.

It is also a focal point for Rotary. Air raid sirens sound nightly, as Russian rockets arc across Ukraine reaching as far as Lviv where civilians have been killed.

But by day, this historic city with its cobbled streets, stylish Austrian-Hungarian architecture and a rich culture of art, music and theatre, is buzzing with activity. At times, it is hard to believe there is a war going on.

The focal point for my visit was Ukraine's District Conference at 15th century Dubno Castle, a two-and-half hour drive from Lviv. There, I met Rotarians from across the country.

Svitlana Trushina is from Dnipro on the front line where there is shelling every day. She said: "At home, everything is bad for me. My husband has been at war for 14 months. I live alone, I am constantly scared, and I cry every day."

However, there was an atmosphere of amazing positivity and purpose among

the Ukrainians; so determined, so selfless, so brave. District Governor Vitalii Lesko opened the conference by saying: "We are Rotarians, we are united, this is a power. Rotary is the power to change the world. "Our end goal is victory."

Rotary in Great Britain & Ireland was glowingly name-checked during the conference and in countless conversations with Rotarians.

The support has been fantastic through a host of projects, such as the building of modular homes in war-torn villages, funding educational trips for children to get away from the war zone, and demining agricultural land to allow crops to grow once again.

That's notwithstanding the humanitarian aid directed through the Rotary GB&I Ukraine Task Force and the International Rotary Fellowship of Healthcare Professionals, led by Jersey Rotarian Allan Smith and Newbury's Dr John Philip, which was praised in Dubno.

But crucially, Ukrainian clubs want to partner with clubs and districts in Rotary GB&I to continue funding work in the country – now during the war, and in the peace to follow.

They are desperate for our help.



“EACH GRAVESTONE CARRIES A PICTURE OF THE FALLEN SOLDIER, SOME SHOCKINGLY YOUNG, THEIR DATES OF BIRTH MARKED BY THIS CENTURY.”

Many Rotarians sought me out to tell their stories.

I visited an autism school in Rivne run by a Rotarian and chatted to a soldier who had both his legs blown off in a mortar attack. He's going to be a father in August.

I spent time with incoming District Governor, Myron Uhryn, a leading dentist in Lviv, who has organised mobile dentist surgeries on the front line.

He is a truly inspiring man who has also built a multi-faith church near

Donetsk as a sort of waiting room.

The gruesome pictures of men, women and children, their bloodied, twisted faces ripped by shrapnel and requiring maxillofacial surgery by Myron and his team will never leave me.

During the week, I learned a lot about this amazing country; what it is like to live under the shadow of war, the unbelievable work of Rotarians who are relentlessly and selflessly providing humanitarian aid, and came to admire the fortitude and resilience of the Ukrainian people.

I spoke at the climax to the District conference in Dubno, and finished with the words of Captain Sir Tom Moore:

“You must always consider that the future is going to be better. That is today if not a good day, then tomorrow is going to be better.”

“Never ever worry yourself about how terrible things are because soon, and it will happen, things will get better. They always will.”

Slava Ukraini – Glory to Ukraine. ●



At the hub of relief efforts

Leicester-born Borys Bodnar heads up the logistics of distributing Rotary humanitarian aid in Ukraine – but they are fast running out of money.

| STORY BY **DAVE KING** |

BORYS BODNAR is surrounded by a group of Rotarians in a warehouse north of Lviv. With Rotary International General Secretary, John Hewko, among the group, they are chatting away in rapid Ukrainian.

Then, aided by a crutch following a recent hip operation, Borys steps away from the group, holds out a hand and in an unexpected Home Counties' accent offers: "Welcome to Ukraine, Dave."

From Leicester, via London and Geneva, this is Borys's manor; the distribution hub into which Rotary humanitarian aid from across the world flows which is then transported across Ukraine. It's an Aladdin's cave with boxes of water filters, clothes, medical equipment and even photocopiers lining this spartan-looking warehouse.

"This is the Lviv Rotary relief hub which is run by three or four Rotary clubs, including mine which is a passport club, the Rotary Club of Ukraine Unity," explained Borys. "We have been using this small warehouse for the past year. Before that, we were using people's garages to store goods.

"The throughput is enormous and is very difficult to measure. We can unload an articulated lorry here, though it's pretty tight.

"We've received boxes of equipment for cleaning water. Last autumn we received a disaster grant to provide

thermal underwear for the winter, which we sourced from England, and we receive a lot of medical supplies from the Mainz and Ingelheim Rotary Clubs in Germany.

They are preparing for their fifth consignment right now, and each one is worth \$130,000.

"We've received lots of first aid kits, lots of generators, lots of warm clothing, lots of pretty much everything."

The aid is distributed from the Lviv hub to all points in Ukraine, particularly the east and south of the country close to the front line. They respond to specific requests for aid which is shared among the global Rotary network to source those items. Over the past 16 months, around \$30 million of aid has passed through the Lviv hub.

He explained: "We are constantly gathering information, communicating with people every day to understand what is needed. We then speak to colleagues outside of Ukraine, explaining what we are focused on in the short, medium and longer term."

Borys cited an example of working with Michael Fernando, a Past District Governor for Somerset, parts of West Wiltshire and West Dorset (District 1200), who is actively involved, leading the International Water, Sanitation and Hygiene Rotary Action Group (WASH) for Ukraine.

"Early on in the war, we set up a WASH group in Ukraine, and then established an international group

working with Michael," he added.

"Last night, we had a late Zoom call to see what we could do to accelerate incoming supplies of water purification, filtration, filters, tablets and powders in view of the catastrophe created by the bombing of the Kakhovka dam.

"The problem with access to safe drinking water is that it is going to continue for a long time, even when the war finishes. The rebuilding process will take a very long time, possibly decades, so we will be doing humanitarian projects for some time to come."

If there are any positives to have come out of the war it is the relationships which have grown with Rotary clubs and districts across the world, who Borys is in touch with every day.

Besides dealing with the massive logistical challenges against an ever-changing backdrop of war, the Lviv hub also faces the massive hurdle of funding.

It costs money to run the distribution centre, particularly transportation. And right now, they're running out of it.

"We were receiving funding from a Rotary disaster response grant, but the funding ran out," he added.

"We are in a queue for the Ukraine Response Fund and we can't go the front of that queue. We have had some individual donations from clubs and districts into our district funds. What it means is that we are running out of money to distribute stuff. There's no point receiving goods if we can't send



“WE’VE RECEIVED LOTS OF FIRST AID KITS, LOTS OF GENERATORS, LOTS OF WARM CLOTHING, LOTS OF PRETTY MUCH EVERYTHING.”

them along.

“We’ve been using for some time a national courier service to distribute goods, Nova Poshta, with quite a hefty discount. Today we had 300 boxes of water purification powders to send to Kherson, the equivalent of 720,000 litres of safe drinking water. A Nova Poshta guy turned up in a van this morning, and tomorrow they will be there.

“The risk is that if we run out of money for logistics, the whole chain of humanitarian aid stops. It costs between \$10,000 to \$15,000 a month for logistics, which doesn’t sound like a huge amount of money, but it is for us.”

The Lviv centre is one of more than half a dozen active Rotary hubs spread across Ukraine, and one of the busiest.

“It’s easier to ask for important supplies, it’s harder to ask for money for logistics,” said Borys.

Born in Leicester to Ukrainian parents who fled their home country during the Second World War, Borys has lived in Lviv for four-and-a-half years.

In terms of heading up the logistics in Lviv, Borys admitted he doesn’t think too deeply about the job.

“People, you know, have a coded sense of obligation,” he answered. “I can’t go to the front, but I still feel an obligation to do something to help. It’s a good dynamic and people do it because they want to.

“We are one country, and we feel very strongly that Lviv is the centre of Ukrainian identity.” ●



WE NEED TO SUPPORT UKRAINE MORE THAN EVER

In the 1940s, John Hewko's parents fled their native Ukraine as Soviet forces advanced towards the country.

Fifty years later, John helped draft the Ukrainian constitution after the fall of the Soviet Union which led to independence in August 1991.

In June, Rotary International's General Secretary was back in his motherland for the first time since the war started, listening to horrors of the Russian invasion, and learning how Rotary clubs have become a major support service to the people.

"Visiting Ukraine has given me a feel for the horrors going on here," he said. "Some of the Rotarians who are in the military have been describing the war crimes which the Russian Army is perpetrating.

"It's also given me a chance to thank Rotarians for the work they're doing and, most importantly, to let them know that there is tremendous support in the Rotary world for them and for Ukraine."

Around \$16 million has been spent from Rotary International's Disaster

Response Fund on humanitarian projects in Ukraine, and there are a further \$1.3 million worth of grants still in the queue.

He praised the response of Rotarians from Great Britain and Ireland who have "really stepped up and latched onto this issue" by securing the second largest number of disaster grants.

However, John said it was important that Rotarians continued to donate to The Rotary Foundation to continue this work.

The RI chief said that on top of the \$16 million, they had initially estimated a further \$25 million has been donated in aid by Rotary clubs from around the world directly to Ukraine.

But after hearing from a German delegation tell the Ukraine District Conference that clubs there had donated another \$32 million, that global figure would have to be revised.

"How Rotarians have responded to Ukraine is unprecedented," said John. "During my tenure in Rotary, we have never raised that much money so quickly."

Why? John points to how European countries became directly affected by the

influx of refugees, and because the war was being played out on social media to a global stage. This was not a hidden war.

Now 18 months into the conflict, donor fatigue is setting in but it remains important for clubs and districts to support Ukraine.

"We've just had a dam blown up by the Russians where the ecological disaster is going to be unprecedented. The need now is greater than when the war started.

"When we get peace, the World Bank is talking about \$400 billion will be needed to rebuild Ukraine. Ukraine's GDP is \$200 billion, so it is going to take twice that to fix the Russian destruction.

"But I sense, too, that what has been happening in Ukraine has been a catalyst to Rotary clubs. When bad things happen Rotary clubs really work together to make a difference.

"For the people of Ukraine, it has united them like never before in their history. It is David and Goliath, but the Ukrainians have shown their bravery to hold off the second largest army in the world." ●



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Photo: Brian Woodruffe

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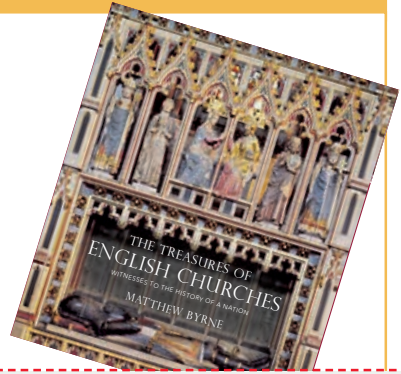
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SCAN ME



ROTARY SOCIAL

Since the last edition of *Rotary Magazine*, there have been many exciting developments and announcements in the world of Rotary and volunteering. Here is where you can find them across social media.

| WRITTEN BY **GEORGE BICKNELL** |

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ROTARY ACTION AND IMPACT TEAM

In Rotary GB&I, the Humanitarian Service Team is forming a multi-disciplinary Domestic Abuse – Rotary Action and Impact Team. A recent video now available on the Rotary GB&I YouTube channel sees Rotarians and experts in the field come together to share some simple first steps and discuss the way forward in tackling the issue.

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END OF FIELD SERVICE FOR MERCY SHIPS

Mercy Ships, an international charity supported by Rotary, has just finished its field service in Senegal and The Gambia, where their huge team of dedicated volunteers has been treating patients aboard their brand-new hospital ship – The Global Mercy. Find out more on the Mercy Ships YouTube channel!

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A ROTARIAN GETS HIS WISH

A feel-good story about a man called Roy who got to live out his dream of driving in a classic car with the help of Rotary in Gloucestershire was recently featured on the BBC News website. You can watch a video to find out more about Roy on Rotary GB&I's Facebook page.

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ROTARY MAGAZINE'S 2023 PHOTO AWARDS

In Rotary International's edition of Rotary magazine, the winners of RI's Photo Awards were displayed after receiving submissions from all over the world including photos from Nigeria, Egypt and Taiwan. See the photos for yourself and the inspiring stories behind them on Rotary International's Facebook page.



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END POLIO NOW AT SOCCER AID

The world's biggest charity football game, Soccer Aid, recently took place at Old Trafford, Manchester and raised over £14 million for UNICEF. During training, celebrities such as Usain Bolt were spotted sporting the End Polio Now logo on their shirts, which you can see on End Polio Now's Twitter page.

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CONFLICT IN BURKINA FASO


For the first time, Burkina Faso has been named the most neglected crisis in the world by the Norwegian Refugee Council. Rotary's disaster relief partner ShelterBox recently detailed what is happening in Burkina Faso and how they're helping on their website, which you can access through their Instagram page.

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- ✓ Portable Pain Relief
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AS SEEN ON TV



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Brian and Sheila, Worcestershire

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Quotes used in testimonials are real but we have changed names, locations and used models for privacy reasons. If you are returning then please do so in original packaging and undamaged where possible.



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LATEST NEWS FROM AROUND GREAT BRITAIN & IRELAND

WALKING THE WALL FOR GOOD CAUSES



good causes with many clubs opting to choose Ukraine or the Turkish earthquake victims to receive their share. Five Ukrainian refugees joined us on the walk, which was a real privilege.

“But other causes included the fight against polio, international disaster relief, local hospices and many others.”

John said that Hexham Rotary is working with a Rotary club in Poland, located near the Ukrainian border, who source and deliver generators to Ukraine.

The 21 clubs taking part were from areas ranging from Berwick and Alnwick in the North to Darlington in the South and Blyth in the East to Furness in the West, with several clubs providing more than one team.

John said: “It was a brilliant and convivial event with participants from a wide area - a bit different from your usual sponsored walk, and hopefully one we can repeat.” ●

ALMOST 80 years separated two of the walkers in a unique sponsored trek along one of the country’s iconic landmarks.

More than 125 walkers in 27 teams from 21 Rotary clubs in two Northern Districts - 1030 and 1190 (Rotary in North East England and Rotary in Cumbria and Lancashire) - walked the 84 miles along Hadrian’s Wall in the North of England in around three hours.

The youngest participant was just seven and the oldest a fit 86. Many were Rotarians, but relatives and friends helped make up the teams.

But they didn’t do it all together. Each team took a stretch of the wall - 17 sections of around five miles - and braved

a drizzly morning to complete their part of the wall, raising approaching more than £7,000 for various charities.

The project was conceived by the Rotary Club of Hexham as part of the 1900th anniversary of the wall celebrations last year. Hadrian’s Wall is an epic World Heritage Site, marching the 73 miles from sea to sea across some of the wildest and most dramatic country in England.

Organiser John Dumbrell said: “We were delighted that more than 125 walkers took part, with some adding additional loads to their journey - a team from Whitley Bay were sponsored to carry a full ShelterBox weighing over 35 kg.

“Money was raised for a variety of

“WE WERE DELIGHTED THAT MORE THAN 125 WALKERS TOOK PART, WITH SOME ADDING ADDITIONAL LOADS TO THEIR JOURNEY.”

AWARD FOR CENTENARY PROJECT



THE Rotary Club of Rugby has completed a five-year centenary project.

The project involved upgrading the northern section of the Great Central Way, a footpath and cycleway running along the bed of a former railway and won both District and National Rotary awards.

Since the closure of the railway in 1969, the northern section of the way had not been formally managed. By 2018, it was very overgrown, dark and uninviting with densely packed self-seeded trees as well as large amounts of scrub and brambles.

The project began in March 2018 and involved the removal of trees and invasive vegetation on the banks of the cuttings

to create glades, enabling native plants to grow and provide a food source for butterflies, birds and animals. Following the work, native plants and wildlife have flourished.

The second part of the project involved the installation of eight sections of full-size rail track, including 32 tonnes of ballast, a signal and 'sound whistle' sign to reflect the railway origins of the way.

Three benches were installed along with bird and bat boxes, plus the painting of murals on one of the bridges. After five years and 3,100 volunteer hours the project was completed in the club's centenary year. The club received a High Sheriff award for their work. ●

DISHING OUT THE CASH

GOSPORT Rotary Club dished out nearly £14,000 to charities in the Hampshire town in just a couple of hours.

The south coast club staged a Dragon's Den-style event where community causes had to pitch their projects to a panel of Rotarians to receive funds.

Dubbed the Coronation Community Chest, to tie in with King Charles' celebrations, 14 community groups received money towards a range of

projects. These included the scouts, disabled groups, sports clubs and funding communities to stage Coronation parties and summer street events.

One of the causes was the Willow Incredible Garden situated behind a doctor's surgery in Gosport which has been modernised to create a peaceful garden. The Rotary club has supported the project by providing an engraved wooden bench which has been placed in a wildflower garden. ●

TACKLING PERIOD POVERTY

RUGBY Saturday Breakfast have been working with two charities to fight period poverty in Sierra Leone.

Paula Boyd-Billings from the Warwickshire-based club has teamed up with Alan Wolstencroft, a Rotarian from Banbury, Oxfordshire, whose charity Alan's Africa has built several schools in the country and Mike Field from the charity Extra Mile which also supports education there.

Paula and Mike were keen to show how important re-usable sanitary pads were keeping girls in school by overcoming period poverty.

Paula's production team, operating from Rugby Methodist Church Centre each month, are making vital, discretionary aids for Extra Mile's school in Sierra Leone.

Alan felt his team might be able to make them too and help girls in his schools, saving a lot of expense in buying commercial products to ship over to Sierra Leone. ●

"RE-USABLE SANITARY PADS WERE KEEPING GIRLS IN SCHOOL BY OVERCOMING PERIOD POVERTY."



WINNING SPORTS

LUTTERWORTH Rotary Club in Leicestershire helped organise to send a disabled sports team to take part in the Rugby Disabled Sports Competition at the Diamond Jubilee Sports Centre in Rugby, Warwickshire.

The team came first and second in the table tennis and Boccia competitions, and there were opportunities for the participants to try a number of different sports.

Lutterworth Rotary Club recruited a team of 10 competitors under the guidance of John and Carol Roberson. They provided bus transport with Martin Iliffe as the driver and Sue Sharp providing extra help on the day.

The club was responsible for organising the Boccia competition. Using 3 courts and with the help of trained coaches Mark Beeby and Stephen Cooper, they successfully completed 30 matches in just over two hours! ●



SKINNY DIPPERS SPLASH UP A COOL £3,000



PERSUADING more than 130 people to strip off in public proved a nice little fund-raiser for Carnegie Dunfermline Rotary Club.

The club hosted an early-morning 'nooky dook' in the chilly waters of the Firth of Forth at Silver Sands Beach at Aberdour, in Fife, Scotland.

Dookers came from as far away as northern England, and across Scotland,

including those with disabilities. They waded in to the skirl of the pipes for some cold-water therapy after a 15-minute clothed yoga-on-the-beach session to prepare them mentally and physically.

The club raised about £1,700 after expenses for causes that it supports, while dookers' own sponsorships from friends and family raised another £1400 for their own favourite charities. ●

HOWZAT FOR A TOURNAMENT

THE Rotary Club of Erdington in the West Midlands hosted a cricket tournament for youngsters with special educational needs.

The two-day tournament attracted 12 mixed teams of six players from 10 SEN schools across the region and was staged at Action Indoor Sports in Birmingham.

The cricket was played to a good standard and in the true spirit of the game as many players had received coaching from teachers and Warwickshire Cricket Board coaches beforehand.

All of the schools were given a bat, donated by Warwickshire County Cricket Club, to help them play the game back at their schools. They also received a certificate to display and players were

presented with medals presented by the then District Governor, John Parkinson. ●



1,000 BIKES TO AFRICA



JACKIE Wellman from the Rotary Club of Rayleigh Mill in Essex has been at the helm of a project which has just delivered its 1,000th cycle to Africa.

She took up the mantle following a visit to the club in 2020 by Lindsay Hurrell from the charity Re-Cycle, which collects unused and unwanted bicycles which are sent to Africa to be refurbished and then re-used by children and adults to help with education, work, and tasks such as collecting water.

The assembly shops create jobs for the people employed in re-assembling the bikes but also provide a repair shop function and a stock of spares.

Jackie has buckled down to collect bikes in Rayleigh, Hockley and Southend, and in June she delivered her 1,000th bicycle to Re-Cycle.

She has been supported by members from the Rotary Club of Rayleigh Mill and Rotarian Steve Gale, proprietor of Steve's Self Drive Hire, who has lent her vans, complete with a tank of fuel, cost-free for each of her collections over the years. ●

NOVEL WAY OF RAISING FUNDS

THE Rotary Club of Scunthorpe has found a novel way of raising funds for End Polio Now.

Rotarian Lesley Stevens is a reader for crime fiction authors and is part of a 'cabal' of well-known authors of crime fiction, known as 'The Old Peculiers'.

At last year's Harrogate Old Peculier Crime Writing Festival, the topic of polio was discussed after news broke that the virus had been found in the London sewers.

Lesley explained that Rotary had been involved for many years in the eradication of polio through End Polio Now.

The authors decided they wanted to help by donating short crime fiction stories to be made into a book and sold in aid of the Rotary cause.

David Penny one of the authors

offered to help with editing, publication and marketing; there are now 18 authors and a poet who have donated their work completely free of charge.

The authors are: Ann Cleeves, Rob Parker, Zoe Sharp, Lee Child, Caroline England, James Oswald, F.E. Birch, Rob Scragg, Chris McGregor, David Penny, Paul Finch, F.D. Quinn, Ann Bloxwich, G.L. Waring, Judith O'Reilly, John Lawrence, Mik Brown, and Mark Elliss, with poems by Jim Taylor.

The book 'An Unnecessary Assassin' is due to be published this summer on Amazon priced at £9.99 and £4.99 for the e-book, with all proceeds going to End Polio Now.

The title refers to the fact that, with vaccination, polio is potentially a completely controllable disease. ●

LANDMARK FOR BOOK SCHEME

THE Alumni 1210 Rotary Books4Home project has gifted its 100,000th book to youngsters in north-west England.

Now, 100,000 children in District 1210 have a book of their very own to read, take home and keep forever – many for the first time.

One in five children aged between five and eight-years-old do not have a book of their own at home. Those who do, are six times more likely to read above the level expected for their age compared with their peers.

To celebrate this milestone, a celebration event was held at The County Buildings in Stafford. The afternoon served as a massive thank you to everyone involved with this hugely successful project.

Thousands of people have donated pre-read books. Hundreds of Rotarians throughout District 1210 have helped by donating storage space for the books, transport assistance and book sorting time. ●



MID WIRRAL CHILDREN NOW READY TO RACE

IN Merseyside, Mid Wirral Rotary Club has recently teamed up with The Hive's Youth Zone in Birkenhead to build an electric car for a small group of 9 to 11-year-olds.

Wirral Youth Zone, named 'The Hive' by the young people in the area, is a purpose-built facility for young people which has over 3,000 members.

The car was assembled by teams of young people under the guidance of adult volunteers from Mid Wirral Rotary Club and The Hive Youth Zone as part of a project encouraging STEM (science, technology, engineering and mathematics) skills as well as team building.

Throughout the build, the young team gained experience in using different tools and materials and were proud to be able to call themselves engineers.

After a successful day firing up the car for the first time, the car is now to be entered in races as part of a national programme which will take place with other schools and youth organisations across the UK's most famous racing tracks. ●



SUNSHINE CYCLING



THE weather was perfect as the Borderland Mountain Bike Challenge in Shropshire was bathed in sunshine.

Organised by Borderland Rotary Club in Oswestry, the event attracted dozens of cyclists for the 22-mile event which takes place over the beautiful foothills of the Berwyn mountains, starting and finishing at Rhiwlas Village Hall.

The event has been run since 1994, the brainchild of Brian Gray.

Jonathan Jones, who organises the

event for Borderland Rotary Club said: "It's always quite frantic when you come to the day of the event and you wonder if anyone will actually turn up at all, but as most people register on the website, we did have a rough idea.

"We've been so lucky with the weather this year, and it's brought lots of people out on the day."

Money raised from the day went to the Air Ambulance, which has been a benefactor of the ride for a number of years. ●

VICAR'S COAST-TO-COAST PILGRIMAGE

A RETIRED vicar from Worcestershire has completed a 425-mile coast-to-coast walk in aid of ShelterBox.

David Foster, who is a member of Evesham Rotary, hopes to have raised around £12,000 for the disaster relief charity. His goal is to fund 20 boxes of life-saving supplies which can be sent to disaster zones across the world.

The trek, which took place in May, began in Lowestoft, Suffolk, the most easterly point in England, and finished at St Davids, Pembrokeshire, the most westerly point in Wales.

David, who named his walk ShelterBoots, was accompanied in a support vehicle by his wife, Gerry, who is

also a retired Church of England vicar. He said: "This is the walk I've wanted to do for a number of years. What else is being retired for?"

The walk finished at St David's Cathedral where David was met by a Rotarian. He added: "Arriving at St David's Cathedral will also make this walk something of a pilgrimage, a Camino across England and Wales.

"This year it's 900 years since St David's became an 'official' pilgrim destination, and I will try to live out St David's teaching - 'Be joyful; keep the faith; and do the little things ...' like putting one foot in front of the other, repeat with other foot, continue for five weeks." ●



By **BILL JOHNSON**
NEW TECHNOLOGY
CONTRIBUTOR

PRODUCT: Zoom Monocular
PRICE: Was £69.99 **Now**
£29.99
DATE: October 8th, 2022
RATING: ★★★★★5/5

Want the zoom but don't want to pay the big bucks for it? A new monocular has hit the market that may be what you need. Want huge zoom at a tiny size and price? Then this is could be the most important thing you will ever read.

What is it?

It is the Zoom Monocular. A monocular is like a pair of binoculars, but for one eye. That means it is MUCH smaller but the zoom is still amazing! It has the quality of a huge telescope, but it fits in your pocket. It is tough so it can handle the outdoors and harsh conditions.



While a huge £300 telescope has great features, it is too big to bring with you.

The Problem With Big Telescopes and Binoculars

I thought big telescopes and binoculars were the best thing to get for great zoom. But the best thing is something you bring with you all the time. Sure you can still bring binoculars with you. But you have to hang them on your neck all the time (which sucks for hiking), or you need a backpack or bag to carry it.

I don't know about you, but I don't always want to carry a bag around with me. That is why I got excited when I found out about Zoom Monocular. At last, something with great zoom that you can fit in your pocket! Ever since getting my Zoom Monocular, I never miss a great shot for my photos. Why? Because I always have Zoom in my jacket pocket!

Say Goodbye To Pricy Cameras

Forget spending thousands of your hard earned money on a DSLR camera. All you need for pro quality photos is your phone camera and Zoom. How come? There is an attachment for the Zoom that fits most mobile phones. It combines the Zoom power of your camera with the telescope to rapidly enlarge any image. Giving you similar effects to a £3000 priced camera.

Only Zoom ticks ALL the boxes...but what makes it so good?

Lens Comparison	ZOOM	Brand 1	Brand 2	Brand 3	Brand 4
Sharpness	✓	X	X	✓	✓
Coating	✓	X	X	X	✓
High Contrast	✓	X	X	X	X
Low Aberration	✓	X	X	X	X
Low Distortion	✓	✓	✓	X	✓
Low Vignetting	✓	✓	X	X	✓
RRP	NOW £29.99	£199	£999	£1799	£2999



Why Is This £29.99 Monocular Better Than £300 Telescopes?

It Fits In Your Pocket and Has Military Grade Zoom

THIS ATTACHMENT IS SOLD FOR £9.99, BUT IS FREE WHEN YOU BUY USING CODE ZT3153.

It is very easy to get crisp and clear photos and videos from far away. Just clip the Zoom on your phone. Some users have even won photo contests using this exact setup! The point is, this thing is top quality!

Top Quality: crystal clear images like never before

One thing that I like is the special optical glass employed in these monoculars. I found out that it is a good prism type is what makes images look more clear. This is the main reason why the Zoom Monocular has such a clear image.

If Zoom Is This Good, How Is It So Cheap?

Zoom is so good that when I saw the price, I did not trust it. How could it be so good, but have such a low price? That is when I looked in to the Zoom company. What I found made sense and made me trust it. This company makes a range of binoculars, night vision, and photo accessories, and have deployed their considerable skills in developing a superior monocular at a very affordable price. I have sampled their night vision as well as their other products and the Zoom lives up to the reputation they have gained for themselves.

When Should I Get My Zoom?

The best time to get your Zoom is now. Why? They have a start up promo to get people talking about them.

There is one problem though... This deal will not last for long. In fact, as we speak, Zoom is getting more popular. This means their start up promo will end soon and go up to full price.

How Much Is Zoom Today?

As of today, Zoom is still on sale. The full price is £69.99, but they lowered it to £29.99. But, since they are doing great so far, it is even lower now! I reached out to Zoom. They gave me a great discount to share with my readers.

Today, you can get Zoom for only £29.99 plus FREE Smart Phone Connector and Tripod but trust me when I say this will not last long at all.

There is one other problem.

This thing is selling like crazy, so it could run out at any time. I suggest picking yours up right now. Especially if you want to save £40 off the price.

Where Can I Get My Zoom?

You can only get Zoom here. You can go on to our website or call FREE on 0800 472 5034 and don't forget to use Code ZT3153 to get your FREE phone attachment and Tripod. Lines open Mon - Sat 7am - 9pm & Sun 8am - 8pm.

Based On Your Feedback

This article is getting very popular. I have received a few questions I would like to answer here:

Q: Does Zoom work with my mobile phone?

A: Yes, the clip for Zoom fits on almost any phone.

Q: Can I use Zoom without a phone?

A: Yes, you can use it for many other things. People use it for sight seeing and watching events. It is also used for exploring, hiking and hunting.

Q: Can I get a refund on my Zoom?

A: Yes, Zoom has a 30 day money back guarantee. If you decide you do not want your Zoom, they will give you a refund.

Order your Zoom today. Only available online at pressplaydeals.co.uk/zoom

What it offers is leaving the industry in shock. How can something so small have so much? And for so little cost? Jealous brands want to know how Zoom has top features such as...

- See from 50 miles away
- Weighs only 320 grams - Less than a pound
- Precise Design - Made from 3D modelling software
- Waterproof and Fogproof - Built for the outdoors
- Tripod Mount - Use the tripod for stable views
- FREE Phone Clip - Attach Zoom to your phone
- Prism Type - Considered the best, used in £1000 binoculars
- 155x70x55mm Dimensions - Very small
- 20mm Eye Relief - Shaped to reduce eye strain
- 114/1100m Field of View - Wide 114° view at 1100 metres away
- Anti-Skid Frosted Sure-Grip
- Never slips from grip, even when wet
- Fully Multi-Coated Lens - Only found in top-of-the-line brands



"Totally recommend the Zoom for any wildlife enthusiast or world traveler. Took this photo with the Zoom Monocular lens... won 1st place in the 10th Annual PX3 Competition."



JACK L.
— VERIFIED —
ZOOM BUYER



"I travel the world as a huge football fan, but I'm usually up in the cheap seats. With my new Zoom I can see like I'm right by the field... it really makes you feel like you're part of the action!"



CRAIG C.
— VERIFIED —
ZOOM BUYER

About the Author: Bill Johnson Bill works in IT and has a love for the latest technology releases, innovations and breakthroughs. He typically covers stories about exciting new tech products.

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HIGH TEA THANK YOU

A SPECIAL event took place at Mansfield's Civic Centre to recognise the support given to Ukrainians now living in the area following Russia's invasion of their homeland last year.

The St George's Day Afternoon High Tea was organised by Mansfield Rotary and attended by families from Ukraine who have settled in the community since fleeing the war-torn country.

Host families who have opened their homes to welcome them were also in attendance at the event, which featured a moving 90-minute performance by the Nottingham Ukrainian Ensemble.

Mansfield Rotary President, Rotarian Karen Johnson, said: "This special event provided us with an appropriate opportunity to acknowledge the huge sacrifice our guests have made in leaving their native country to come and live in Mansfield – as well as thank those who have opened their homes to support these amazing people.

"We all had a wonderful afternoon, and it was fantastic to enjoy a typical English afternoon tea while being entertained by the Nottingham Ukrainian Ensemble – who performed a series of traditional Ukrainian songs."

Two Mansfield Rotarians drove a van full of goods to join a convoy that started in Nottinghamshire, and the club has donated money to the national Rotary Ukrainian Appeal. ●



UKRAINE SUPPORT NETWORK



A ROTARY club in Cheshire has been actively supporting Ukrainian refugees who have fled the conflict and who are now living in the town.

Following the Russian invasion in February 2022, the Congleton Area Ukrainian Support Network attracted teams of volunteers to help with the influx of refugees and handle the offers of hosting.

The team has successfully supported around 175 refugees and they have been supported by the Rotary club. It has obtained District grants totalling more than £8,000 to support the refugees.

The money has been used to support

a Ukrainian teacher's art classes, buying school uniforms, as well as funding English lessons and house moving costs.

Rotary Congleton has also raised £3,000 towards providing modular homes in the Ukrainian village of Moschun, which was the focus of fierce battles in the early days of the conflict.

Moschun, which is located 18 miles from the capital Kyiv, fell to Russian forces in the early days of the war when 80% of homes were damaged or completely wrecked. Moschun was eventually reclaimed by the Ukrainian military. These pre-fabricated homes have provided shelter to many families who have returned to the area. ●

DEALING WITH TRAUMA

ROTARIANS in Gloucestershire have been supporting around 300 Ukrainian refugees in the Five Valleys area, working in conjunction with Stroud Ukraine Refugee Community Support (SURCS).

Nailsworth Rotary obtained a Disaster Response Grant for SURCS from The Rotary Foundation to buy computers and help fund trauma counselling.

Over 30 laptops have been reconditioned and provided to the Ukrainian community enabling them to keep in contact with friends and families,

to continue education and seek job opportunities.

The Rotary Grant has funded counselling through a number of specialist providers in the area. This has also included sessions for hosts to give them a better understanding of what their guests have gone through and how they can help.

Nailsworth Rotary has also directly supported the housing of one Ukrainian family seeking refuge in the area, working with Rodborough Tabernacle URC church. ●

Paul's walking no longer an uphill battle thanks to **TURMERIC+**

Walking is one of the most beneficial forms of exercise, and also one of the most underestimated in terms of well-being. It's a great way to reach the recommended level of physical activity needed to stay healthy without the toll to joints, ligaments and muscles that more demanding sports exact.

When taking longer walks however, some of us can experience skeletal and muscular discomfort. Paul Goddard, 62, a Nordic Walking instructor from Saffron Walden in Essex, swears by a product called Turmeric+ as an effective means of keeping him active.

"I decided to become a Nordic Walking instructor in 2009 and started walking 40 to 50 miles a week. Two years ago it became uncomfortable to walk distances that should have been easy for someone of my age and fitness levels. I felt very apprehensive as walking is not only my passion, but my business."

Paul continues: "I started doing some research. I learned that turmeric could be helpful and bought supplements... and then

stumbled upon Turmeric+."

Curcumin, the active ingredient in turmeric, is difficult for the body to absorb. Some turmeric products offer high levels of curcumin but unless this is easily absorbed by the body, the higher amounts make little difference.

The need for easy absorption is what led the scientists at FutureYou Cambridge to create Turmeric+ using the patented 'Curcuma Phospholipid Complex' formulation. It's 30 times more absorbable than standard turmeric and contains vitamin C, which contributes to normal collagen formation for the normal function of cartilage.

"Soon after taking it I experienced that



"Soon after taking it I experienced that 'light-bulb' moment"

'light-bulb' moment - I realised my knees felt like they used to. I take Turmeric+ religiously now. I walk around two hundred miles a month and even my customers have remarked on my mobility.

"Walking is great for fitness as well as your mental health. Being able to walk easily has made a huge difference to my life and I feel fitter now than I did twenty years ago."

FREE Turmeric+

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FutureYou Cambridge is offering you the opportunity to try its bestselling joint supplement, Turmeric+, for free, for 28 days.*

The Cambridge-based company is renowned for developing the highest quality health supplements backed by leading scientific research and actively work with highly-regarded scientific and nutritional experts.

Turmeric+ contains the most scientifically documented bioavailable curcumin formulation in existence, having been the focus of 45 human studies involving over 2,000 subjects. It has also been officially recognised and certified by Informed-Sport.

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the unique phytosome delivery system significantly increases curcumin absorption by 30 times; offering an advanced natural alternative to black pepper.

The vegan-friendly formula contains the full bouquet of curcuminoids including high levels of demethoxycurcumin (DMC), the most powerful curcuminoid. It has also been combined with vitamin C and D which contribute to normal function of cartilage and normal muscle function.

"We want to support more people to become or stay active. We think Turmeric+ can play an important role in that journey," says Adam Cleveley, FutureYou Cambridge's Chair.



"We offer people their first pack of Turmeric+ for free so they can experience Turmeric+ for themselves. Most will know if it's working for them within four to eight weeks - and if they like it, they will stick with it."

"I've been genuinely amazed by the effect of Turmeric+. It's transformative. As far as I'm concerned, I'll be taking it for the rest of my life," said James, 54, from London.

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and finally...

EDITOR@ROTARYGBI.ORG

LESSONS FROM UKRAINE

STORY BY **MANAGING EDITOR DAVE KING**

HERE'S a surprising fact: despite war raging in Ukraine, Rotary membership there has increased. Relative to Great Britain and Ireland the numbers are smaller. But since February 2022, 13 clubs have been created and 350 Rotarians have been inducted for a 31.8% growth rate.

Olga Steblianko, pictured, is the Ukraine District's membership lead. She was forced to flee her native Crimea in 2014 following the Russian invasion and is now living in the port city of Odesa with husband, Mykola.

"For us, the growth is not surprising," she told Ukraine's District Conference in Dubno. "Following the invasion, Ukraine had to become united, we had to stand together. People wanted to be part of Rotary, they wanted the opportunity to do more, and they saw how Rotary had some power.

"Now we are united to help our people, our refugees and our military as we are united with Rotary clubs in other countries."

Both are members of the Rotary eClub of Ukraine nurturing the dream of one day returning to Crimea to re-empower local Rotary.

However, fundamental to the growth is that clubs are project-based, whose member meet socially, but are driven by results. Their

average age is also remarkably low, with most working professionals.

During my time in Ukraine in June, Rotarians sought me out specifically to tell me about their projects.

For example, the Rotary Club of Kyiv-Capital described their partnership with Rotarians from Ireland to raise \$25,000 with a Disaster Response Grant from The Rotary Foundation to support families whose homes had been destroyed in the village of Krupychpole in Chernihiv region.

Rotary clubs in Kharkiv, which sits right on the front line, are working together with a project called "Rotary for the kids of the heroes", supporting 500 children in the region whose parents have been killed.

They provide medical and psychiatric help, along with educational support.

Thanks to funding from German and English Rotary clubs, the Kharkiv Rotarians have arranged short breaks away from the war zone. They are now looking for further Rotary support to spread this scheme Ukraine-wide.

The Rotary eClub of Ukraine has worked with international partners to secure Global Grants for a landmine-clearing project to free up agricultural land, and rebuild a school in the village of Buzova, near Bucha, which was 80% destroyed by Russian rockets.

They have been also supporting the Ukrainian Kids Film School which is providing creativity and rehabilitation for children scarred by the war. They too are looking to partner with other Rotary clubs and districts to widen the initiative across Ukraine.

You could suggest comparing membership in Ukraine with Great Britain and Ireland is like comparing apples with pears. But is it?

These are a few examples of clubs crying out for partners to support Global Grants – projects which have grown membership in Ukraine, giving clubs a sense of purpose and direction.

At the start of a new Rotary year when clubs are looking for a fresh focus and a membership driver, surely it's worth a thought about partnering with Ukraine. ●



Information

Rotary eClub of Ukraine:
t-godok@ukr.net

Rotary Club of Kyiv-Capital:
info@rotary-kyiv-capital.org

Rotary Club of Kharkiv-City:
3236868@gmail.com

If you are looking to find a partnership in Ukraine, contact Mykola Steblianko who is Chair of the District 2232 Co-ordination committee at:
sniko@ukr.net

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