



June 2019

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The June Diary

- 1st and 2nd Contact Club Visit
- 5th C & V meeting
- Classification & Membership Committee
- 7th Rotary Lunch
- 9th Banbury & District Show
- 10th Shadow Council
- 11th Purple for Polio Concert
- 12th Foundation Committee
- 14th Rotary Lunch
- 18th Sport & Entertainment Committee
- 19th International Committee
- Youth Services Committee
- 21st Club Assembly
- 26th Council Meeting
- 28th Rotary Lunch
- 31st Rotary Lunch

For the full year's diary visit
www.banburyrotaryclub.org.uk



President's Pen for May

Contact weekend approaches and we had another meeting on Tuesday 30th April where the whole weekend was reviewed in general to make sure everything was in order. Hosting from the Hotel and from members homes has been organised and all the final arrangements are in hand. There will be more meetings to come.

On Friday Lunch we had Rotarian Phil Godfrey from Solihull Rotary Club talking about APS Support UK - APS stands for Antiphospholipid Syndrome which is an autoimmune disease which causes the blood to clot too quickly both in veins and arteries. Early diagnosis and treatment of this condition could prevent heart attack, stroke, DVT and miscarriage. It was a very informative talk and very thought provoking.



Ed. In order to promote the condition and fundraise in memory of his late wife, Paul set out to travel around the coastline of the British Isles by rail.

On the Friday we had Rachel Wignell from Cyclists Fighting Cancer as our Speaker. She gave a very interesting talk about how the Charity supported young people suffering from cancer by supplying them with suitable bikes so they can enjoy the pleasure of being outside. The Charity also supplies other members of the family with bikes so the whole family can ride off together.

On Sunday 12th I represented the Club, along with Surinder and Mark Recchia, at the event at The Whateley Hall organised by Tooley's Boatyard to celebrate the newly formed Tooley's Boatyard Trust. It was the 250th anniversary of 'a General Assembly of the Company of Proprietors of the Oxford Canal Navigation', in effect the birth of the Oxford Canal which took place at The Three Tuns on Horsefair which is now the Whately Hall. It was a very enjoyable evening and historically extremely interesting.

Monday night was another lengthy Contact Weekend meeting - all seems to be going well with a lot to do but with the end in sight!!

At Friday lunch our own Nigel Randall. He spoke about his experience serving as an RAF Navigator during the Cold War.



It was a very interesting talk supported by excellent slides and a short video - Nigel was hosted by Eric Woodruff also ex RAF. Eric not only thanked Nigel for his talk but also for his work in helping to protect the Country during his time in the RAF.

On Saturday evening many of our members went to St Hugh's Church for a performance by Poetic Licence about the Seven Ages of Man in support of the Beacon Centre. It was their second appearance for two and a half years since Sonia Blinkhorn became ill and sadly passed away about a year ago. They have lost none of their sparkle and the event raised around £1300.

We held a successful new members' meeting at my home on Tuesday when they were given information about how the Club is run and we also gave them the opportunity to ask questions over snacks and a few drinks. Wednesday was the last full Council of the year as June's Council will be more of a social event including partners. I must thank those who have attended Council this year for their help and guidance and their willingness to be involved in all aspects of the Club - the Minutes will be circulated soon.

On Thursday morning I visited Frank Wise School for their Coffee Morning. The Students served us with a full afternoon tea including sandwiches, scones and cakes - I also have to admit to having a bacon roll. Everything was prepared and served by the Students. What an amazing facility the school is! In the evening we had another Contact meeting finalising the details.

Jo Sammons was our Speaker on Friday when she spoke about her local Charity called Springfield Sanctuary. The charity takes in pets in need of re-homing and also wildlife if a vet has determined that the animal can be successfully rehabilitated. It was a very interesting presentation which led to many questions.

President Paul Gardiner

Speaker Reports

Rachel Wignell – Cyclists Fighting Cancer

Several years ago the Chief executive, Kevin Musgrave, was diagnosed with cancer and spent a considerable amount of time in hospital and undergoing treatments of chemotherapy and

radiotherapy. During this period, he invested time in researching the background for the disease with an emphasis on discovering what personal activities to adopt that would assist him in managing and overcoming the impact of the illness. As a result, as a response to his return to good health, he decided to form a charity to assist cancer sufferers and specifically young children.



He discovered that numerous scientific studies have established that the single most effective way of improving physical and mental wellness for individuals surviving cancer is physical exercise.

The exercise benefits have been proved to:

- Improve the heart and muscles
- Increase waste loss efforts
- Cycling is a low impact support that assist those with joint conditions
- Increase longevity
- Improve mental health and the immune system

This registered charity was formed in 2005, is a company limited by guarantee and managed by a board of Trustees. The plan for 2019 is to provide

600 cycles, principally to children suffering from cancer and if this plan is met then the total of number of cycles donated will increase above five thousand.

Unfortunately, the limited technology available to Rachel prevented her from showing several videos of very young children on the bicycles in her presentation. Fortuitously however she had included several single photographs of children supported who were cancer sufferers but also included some amputees. The smiling faces of the youngsters were inspirational for all those attending the presentation.

The charity also distributes some trikes, tandems and other equipment and support. It is aware that cancer can also create massive disruption within families and does offer additional cycles to siblings and parents to allow families to join in social activity together.

The charity is based in Alderminster, Warwickshire, manages four local retail shops and relies heavily on volunteers creating local fund-raising events. In addition, sums are raised by the kind support of sportsmen and women who take part in major challenges events such as The London Marathon, treks across mountain ranges in the UK and throughout the world. Later this year a local, Jonathon Parker, will be attempting to break the world record for cycling across the Taklamakan Desert in North West China raising funds from sponsorship. Many other challenges are planned by members of the public in favour of the charity in 2019.

Rachel gave an excellent, professional and interesting presentation highlighting the background and operation of this local charity in entertaining Club members following the Friday lunchtime meal.

She finished her talk by describing the charity's whole team's passion to support very young children who suffer from the dreadful disease of cancer and their commitment to assist them in surviving.

Rtn. Bernard Goodchild

Ed. Members to get on their bikes at the Broughton Castle Sportive organised by the Rotary Club of Banbury Cherwell as a way to promote the importance of this charity locally?



Many of us will have worked from home within a self-contained office. Imagine, though, everything to do with your home and your office is intermingled. This is the situation for Jo, her husband and four children. Whilst the long garden is helpful in providing an area for the animals who need a sanctuary to roam and get fresh air, her living room is also full to the brim with all manner of unwanted pets. That her family are not only happy with this situation but positively support it, demonstrates the enthusiasm and commitment underpinning this important facility which receives referrals from the RSPCA. Jo not only looks after

the animals but gives presentations on good animal welfare on a 'prevention is preferable to cure' principle.

Rtn. Andrew Fairbairn

Supporting Kenyan Kids

Concerts are being organised by Rtn. Sakine Faulkner to raise funds for charitable work in Kenya. It is not too late to get tickets for Sunday 2nd June, 6.30pm at St. Mary's Church, Banbury. The quality comes highly recommended by the Right Reverend Sarah Bourne who taught one of the artists at school and knows a thing or two about music, her daughters having been previous winners of Young Musician locally.

Tour de Trigs – 50th Year

It is that time again. Anyone prepared to have an 'estate agency' type board on their property advertising the Tour de Trigs, please contact Rtn. Andrew Fairbairn on 07711 142887 or by e-mail at andrew@whitecommercial.co.uk.

Council Update

Beneficiaries for the Lend with Care programme are been selected and the progress of the scheme will be reported to our Members on a regular basis.

Youth Services report that the interviews at the Warriner have been cancelled for this year. Xmas Float monies of around have just been received. Also on this topic, procedures are in hand for the Christmas parcels to be collected and distributed. Plans for the formation of an Interact Club at BGN have advanced following meetings with the Sixth Form Tutor. Years 9 to 12 will be involved and hopefully will commence in the next School Year.

Contact 2019 is rapidly approaching. 46 attendees from our sister Clubs are arriving on the 30th May. The full programme should be enjoyed by all; especially as Rtn. Martin Phillips has booked a very favourable weather forecast!

Rtn. Lesley Mann has accepted the challenge of being our Quartermaster with rigour, finalizing the inventory to facilitate the supply of Rotary items for our events.

Rtn. P M Wilkins Hon Assistant Secretary

Weekly Meeting Duties for June 2019

<u>Date</u>	<u>Table Duty</u>	<u>Cash Desk</u>	<u>Fellowship</u>	<u>F&H in charge</u>
07 June	J Smith R Thompson A Warren J Webb A Wolstencroft	P Thomas E Woodruff	R Worrall	A Ilott
14 June	N Yeadon G Anker A Bedding J Bennett S Bion	J Bond H Braisby	J Brodey	S Jakeman
21 June	M Budd P Cavill N Deakin M Douglas A Fairbairn	G Coates	B Cornley	R Kipping
28 June	B Goodchild J Groves N Halfpenny J Hansford C Hughes	S Faulkner T Iles	G Jeremy	D Sullivan

PLEASE REMEMBER - If you are unable to carry out your duties as shown above, it is your responsibility to arrange a substitute and amend the list. This applies to all duties, including table duties.

Speaker Programme for June & July

<u>Date</u>	<u>Speaker</u>	<u>Topic</u>	<u>Host</u>
07 June	Victoria Woods	Reducing Poverty Through Education	Andrew Fairbairn
14 June	Fred Riches	Longer Serving Member	Gareth Jeremy
21 June	Surinder Dhesi	Club Assembly	
28 June	Paul Gardiner	Retiring President's Valedictory	
05 July	Surinder Dhesi	President's Handover	
12 July	Ali Gibson	The Tip of the Iceberg	
19 July			
26 July			