



## The September Diary

- 5<sup>th</sup> Community & Vocational Committee
- Classification & Membership Committee
- 7<sup>th</sup> Rotary Meeting
- 11<sup>th</sup> Aunt Sally Evening
- 12<sup>th</sup> Foundation Committee
- 14<sup>th</sup> Rotary Lunch
- 18<sup>th</sup> Sports & Entertainment Committee
- 19<sup>th</sup> International Committee
- Youth Services Committee
- 21<sup>st</sup> Rotary Meeting
- 26<sup>th</sup> Council Meeting
- 28<sup>th</sup> Rotary Meeting

For the full year's diary visit  
[www.banburyrotaryclub.org.uk](http://www.banburyrotaryclub.org.uk)



## President's Pen for August

On 26th July Jen and I went to the Early Bird Supper at the Cricket Club where we had good company, food and conversation - an enjoyable evening.

The next day was a Friday lunch meeting with Tony Ilott being hosted by John Donaldson. Tony gave a very interesting and amusing talk but only managed to get to his mid-twenties before closing due to a lack of time!



Our District Governor Elect Frank Quinn also attended our lunch

and enjoyed being with us, joining in with the usual banter.

Ashley Bedding and I had a meeting on Monday 30th morning to discuss the August Fifth Friday menu and table planning. Our Speakers will be from the Second Time Around charity which provides training and volunteering opportunities to promote work, social inclusion and independence for adults with learning difficulties. Later in the day we had a Contact meeting - planning is well in hand. Discussions centred upon the Friday of Contact weekend which will be spent in Oxford. The next meeting will be in three weeks' time.

We had a very interesting talk by our own Andrew Fairbairn on August 3rd about his solo climb of Ben Nevis - the talk was titled "What Plan B?" where he showed slides of his climb and explained that his Plan B was in fact to make sure he achieved Plan A. A very adventurous and successful climb inspired by his work involving a school in Gambia.

On the 4th some of our members helped organise the car parking at an event in Avon Dassett - a big thank you to those who helped out.

The next week was busy with various meetings and it also became clear via Liz Yardley that our Club won the best Bulletin award in 1090 last Rotary year. So on behalf of the Club I would like to thank our Editor, Andrew Fairbairn, for the great work he does in preparing our Bulletin.

The week ended with the Friday lunch with Sir Charles Pollard as Speaker and Andrew McHugh making a welcome visit as his host. The talk was about restorative justice and was very thought provoking.



Friday 17th meant a very welcome return to the Club by Stuart Maxwell who hosted his grandson Hector Turner who gave a talk about crossing the Atlantic with three of his friends on a specially built pedalo - an amazing trip! They have so far raised £201,000 for charity.

We received a letter from Elaine Doe concerning Brian's health, which has deteriorated, letting us know that sadly he would only attend our Friday lunch meetings very rarely in future.

We also received a card from Polly thanking us for our donation and saying that it meant a lot to her to know that we care for the lost in our community.

On Sunday 19th Stephen and Claire Jakeman held their last Stephen's Summer Steaming as they are in the process of buying a house and moving to Oxford. It was a very pleasant afternoon with good food and good company. On behalf of the Club I would like to thank them both for the nine years of the event which not only has been very enjoyable but very helpful in our attempts to provide support for Rotary Foundation. Excellent news is that Stephen intends to remain a member of the Club and will travel back to Banbury on a Friday for lunch presumably by train.





On Tuesday 21st we had another Contact meeting and Martin Phillips will give a presentation about next year's event at our Fellowship meeting on Friday.

The next day we held the second Council meeting of the Rotary year where we seemed to cover a lot of ground, the minutes will be published in the Bulletin.

On Thursday we had a very pleasant Early Bird Supper at the Cricket Club.

President Paul Gardiner

## *Speaker Reports*

### *Andrew Fairbairn – What Plan B?*



According to Andrew a challenge is only a challenge if it involves some form of physical activity and/or mental stress that in some way significantly tests the participant. Tower Ridge on the north face of Ben Nevis is a 2,000 foot climb which he considers has both of these attributes and hence he selected it as an appropriate route to highlight the plight of school children in The Gambia whose classrooms have no roof and are unusable in the rainy season.

Normally when venturing into the mountains or out on the sea Andrew has a Plan B arranged to implement in the event of the unexpected. A 'what if' approach designed to mitigate risk. However, knowing that any failure to complete the route would diminish the effectiveness of subsequent presentations, and notwithstanding that this was a solo ascent, on this occasion he took what he describes as a calculated risk and chose not to carry a rope which he could otherwise use to safely lower himself from the ridge if he got into difficulty. The

logic being that if he did experience problems, he was more likely to carry on rather than reverse the route without a rope (invariably harder). Indeed, at one point he faced this conundrum when the way forward was unclear, steep, exposed and the holds ostensibly particularly delicate. Without the rope he found himself in the right mental frame of mind to commit himself to potentially irreversible moves.

He did, though, take a sling (a loop of tape to hang over rocks for protection) which is just as well as he slipped at the crux but critically managed to hold on to the sling, thereby avoiding a long fall and what would have been an almost certain early demise.



Andrew is seen above on the summit of Ben Nevis with the top section of Tower Ridge in the background over his left shoulder. Whilst there were numerous other walkers on the tourist route on the mountain that day, he was in splendid isolation during his three hours on Tower Ridge. He is now giving presentations in aid of the school children in The Gambia and would welcome invitations from any organisations (distance no object) interested in hearing first hand both his experience on Ben Nevis and the importance of the building works in The Gambia which convinced him (for once) to dispense with a Plan B.

Ed

### *Hector Turner – Pedalling the Pond*

Hector gave us a splendid talk on how & why he and three colleagues undertook this venture. Their aim was to team up with the Charlie Waller Memorial Trust, educating teachers, pupils' employers & employees about the problems concerning mental health and the stigma surrounding it. 1 in 4 people suffer from mental conditions every year!

The team's aim was to raise £200,000 to help promote mental well-being, especially amongst young males, as suicide is the biggest killer of men under 40.



Their vehicle, in which to pedal 3,000 miles across the Atlantic from Gran Canaria to Antigua, was a 9x2 metres converted pedalo designed with the aid of leading manufacturers and a naval engineer.

£95,000 was needed to fund the trip. It took 1.5 years of hard work and presentations to get 6 key sponsors and build the vessel. After shaky trial weekends they went to their start line in Gran Canaria.

However, they ended up rebuilding the entire pedalo system after a disastrous final testing when they had to be rescued by the RNLI at 3am off the Suffolk coast!

Although holding down full-time jobs, they fitted in 9 training sessions a week, completed 5 compulsory naval courses, ordered clothing food, kit, supplies, fund-raise and plan a ball for 650 people in London! They were swamped! So, when they finally set sail they were happy to focus on just three main things; pedal, sleep and eat (6,000 calories a day!)

The 2 hours on & two hours off shift patterns led to hallucinations on the way!

The Atlantic can be both cruel and rewarding, their speaker was broken, a storm buffeted them for three days. The pedal system broke down every few days. They were rewarded with sights of dolphins, minke whales, breath-taking sunsets and strong tail winds. They all had highs and lows. Makeshift repairs to the damaged propeller system was one of their biggest problems. These caused some heated

debates! The system was on its last legs and all the spare parts worn out when they finally arrived at Falmouth Harbour Antigua. A two-mile stretch took 3.5 hours instead of one.

Here family and friends met them and that first ice-cold beer was magical!

They achieved their target and can reflect on an amazing trip!

A few facts: 2,936 miles paddled in 40 days: 1,936 hours pedalling: 7,000 calories used each day: Highest waves 45 feet: 3 knots average speed: Total weight loss 7 stone: £205,000 raised: Three world records set!

As Hector said; they had an amazing trip and raised their target, but there is still a long way to go to break the stigma regarding mental health.

An amazing and fascinating presentation!

Rtn. Tony Wiltshire

### *Council Notes (22<sup>nd</sup> August)*

Arrangements to contact Rotary Widows to comply with GDPR have now all been completed.

Council agreed to proposal from Youth Services that 20% of excess funds from CSFC, voted by Club to benefit International Children's project, will be split equally between Alan's Africa & Mariama Kunda School Gambia.

Event Proposal forms were agreed for Young Musicians (£2,500) & Young Chef (£600).

Planning for this year's Christmas parcels is in hand already.

Our President has been busy again attending Meetings regarding the Warhorse presentation on 20th Oct, supporting final plans for Contact 2019 and joining in the activities at Stephen's Steaming. This is the ninth and final time this popular event has been on track. Many thanks to Stephen & Clare for hosting this splendid event annually (which raised around £650 this year) before they move to Oxford, fortunately Stephen has signaled he will continue as a member of our Club.

District Council next meeting is on 6<sup>th</sup> September at Benson.

Rtn. Peter Wilkins, Hon. Assistant Secretary

## *Weekly Meeting Duties for September 2018*

<u>Date</u>	<u>Table Duty</u>	<u>Cash Desk</u>	<u>Fellowship</u>	<u>F&amp;H in charge</u>
07 Sept	J Groves H Matthews J Meredith H Morris M Nutt M Phillips	J Hansford G Jeremy	R Nurden	S Crump
14 Sept	G Pollard N Randall D Richardson P Richardson F Riches J Smith	I Rodrick P Shea	P Thomas	M Humphris
21 Sept	R Thompson A Warren A Wolstencroft R Worrall N Yeadon	J Webb H Braisby	E Woodruff	R Kipping
28 Sept	I Anthistle R Barnett J Bennett S Bion J Brodey P Cavill	A Bedding B Cornley	M Budd	A Ilott

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 September & October*

<u>Date</u>	<u>Speaker</u>	<u>Topic</u>	<u>Host</u>
7 Sept	Chris Brockbank	Bomber Command	Ian Rodrick
14 Sept	Gemma Rowe-Jones	Brodey Bursary Scholar	John Brodey
21 Sept	Rupert Kipping	Longer Serving Member	
28 Sept	Nigel Deakin	'The House of Grace' - Palestine	Fred Riches
5 Oct	Andrew Whiffin	Life as a film extra	
12 Oct	David Richardson	Lend with Care	Nigel Deakin
19 Oct	Dr Robin Carr	Combat Stress	Nig Randall
26 Oct	Dawn Golder	FND Hope	Surinder Dhesi