



The November Diary

2nd Rotary Lunch

5th to 8th

Children Singing for
Children Concerts

7th Classification &

Membership Committee

9th Rotary Meeting

14th Foundation Committee

16th Rotary Lunch - SGM

20th Sports & Entertainment
Committee

21st International Committee

Youth Services Committee

23rd Rotary Meeting

28th Council Meeting

30th Rotary Evening Meeting

For the full year's diary visit

www.banburyrotaryclub.org.uk



President's Pen for October

We now have a column in the Banbury Guardian in the Guardian Country Section, our first report was published this week. Fred Riches has secured this spot for us so many thanks! His aim, or should I say our aim, is to figure in that column as often as possible so please send Fred copy as often as possible - our aim should be to appear every week, it is the perfect arena for us to tell the Public what we do and to advertise our events.

Third Council Meeting of the year was held on 26th September, it took a little longer than usual as we discussed the Membership Committee's proposals for the future and also the draft report from the PR/Communications Committee - we are hoping to have a joint presentation to Club from Membership and PR in November. Another discussion was the lack of an Assistant Secretary for next Rotary year - anyone interested please talk to Mark, Peter or myself.

The Speaker at lunch on Friday 26th was Nigel Deakin who talked about his time in Palestine at the "House of Grace" - his son Joe also contributed to the talk as he had recently visited, and made contact with, the lady who still ran the project when Nigel had visited in 1991/92. The object was to rebuild a ruined building so that ex-prisoners and people in difficulty could have a home. This was done and is still providing the help needed. A very interesting and amazing project.

Canal Day is on 14th of October and we will be there trying to highlight the disaster of the earthquake and tsunami in Indonesia. Instead of our usual gazebo we will be displaying a Shelterbox tent which provides emergency accommodation and basic supplies for the survivors of this tragic event. The Shelterbox delivers the essentials the families need to begin rebuilding their

lives after disaster strikes and includes a tent, water purification equipment, lights, blankets, tools etc. etc. We will also have membership information on hand and potential members will be able to see "Rotary in Action".

Thanks again to Fred for the second article in Around the Cross in the Banbury Guardian, please give Fred a few lines about events etc as often as possible to try and make his job easier.

On Friday our Speaker was Andrew Whiffin who gave us an interesting and amusing talk about life as a film extra. He has appeared in several well known films as a supporting artiste and highly recommends being a film extra as an enjoyable retirement activity. Also Malcolm Dibb revealed the winner of his weight loss competition, it was won by Tony Ilott who guessed Malcolm's weight loss to within half a pound. Many thanks to Malcolm for raising around £200 for the container fund.

Contact meeting on Tuesday 9th - the final plan for the Friday of Contact Weekend was agreed so the outline plan for the whole weekend is now in place.

Friday's Speaker was our own David Richardson who gave a very interesting talk about "Lend with Care" where people are lent money - minimum amount £15 - to enable them to create a business to give them a living. When able they return the loan which can then be used by another. I believe our International Committee will discuss the scheme at their next meeting.

Sadly we had to cancel our attendance at Banbury Canal Day because of the weather. We made the decision at around 7.30am with helpers on the field with the equipment ready for use but it was decided that the weather was going to be unrelenting during the day (and it was!) and it would be miserable for those manning the stall especially as it was likely that there would be few people attending the event. However, we had fully prepared and we have membership and PR material available for the next event. Thanks to all who turned out very early on Sunday to try and make the event viable.

We had a Xmas Parcels meeting on Monday 15th and our main effort at the moment is finding out how many Parcels are needed, funding and finding somewhere to manufacture the Parcels. On Thursday, apart from the Early Bird Supper, some of us in the Contact team walked around Oxford with Phillip Boddy who will be taking our Guests for

a walking tour of Oxford. The idea was to learn the route and to time the distances between places of interest.

On Friday 19th our Speaker was Dr Robin Carr and his subject was Combat Stress. He gave a very interesting talk which provoked a lot of questions and a lot of thought from our members. Later in the day Carole Humphris, Ron Barnett and myself went to Tudor Hall School for our final checks on the lighting and sound for the Warhorse event on Saturday.

Saturday was Warhorse Day!! All went very well and to schedule, Ruth Rogers is a very accomplished speaker and her talk about how the horses worked and the puppeteers' roles was brilliant. The talk was followed by a splendid meal in the Tudor Hall School restaurant and we owe our thanks to the Staff at the school who helped to make the whole event possible. Thanks also to all the help from Inner Wheel and Rotary members.



Wednesday 24th brought the fourth Council Meeting of the year and also it was World Polio Day. After Council some members went to see the Town Hall which was lit purple from seven o'clock in the evening until 1am. Many thanks to Fred and others for arranging the lighting and all the associated PR (see the photo on page 6).

Friday's Speaker was Dawn Golder and her subject was FND HOPE. She gave a very informative talk about Functional Neurological Disorder which is a condition in which patients experience neurological symptoms such as weakness, movement disorders, sensory symptoms and blackouts.

President Paul Gardiner

Speaker Reports

Andrew Whiffin – *Life as a Film Extra*

After a career as an English master at Bloxham School, latterly as Head of English, Andrew turned to a career as a “supportive Actor”, or as the rest of us would call it, an extra in film and TV.

He had trodden the boards in some very good productions at amateur level with Bloxham Am Drams and with Banbury Cross Players and more recently with professional theatre companies in the region including the Riverside Players.

Andrew explained that he signed on with a number of agencies (not just one) and waited for the offers to come in, which they fairly rapidly did. Extras are always in demand. One of the chief attractions seemed to be the food provided by the catering companies employed by the producers including, usually, a hearty breakfast before commencing filming.



His appearances in films have included Johnny English Returns in which he had a line to speak (this merits an increased fee!), and as a member of parliament in the recent film “The Darkest Hour”, which he described as being extremely moving as the extras all sat and listened to some of Churchill’s greatest speeches being re-enacted by Gary Oldman.

Andrew regaled us with fascinating stories about how they make rain on set, and how they give the

illusion of glass shattering. In summary, not a career to make a fortune out of but very good fun meeting big stars of the stage and screen, and making some useful pocket money along the way.

Rtn. Nigel Yeadon

David Richardson – *Lend With Care*

David gave an interesting presentation on the poverty fighting charity Lendwithcare.



Lendwithcare is a microfinance lending website to help some of the world’s poorest people work their way out of poverty with dignity.



Lendwithcare allows you to lend as little as £15 to fund a small business and once your money is repaid you can choose to recycle your loan to support another poor entrepreneur or withdraw your money. It is currently working in ten countries.

David informed us that 100% of the money donated is loaned to recipients and all lending is carefully considered and monitored. Lendwithcare is an initiative of the poverty fighting charity, CARE International UK.

David suggested that it is something our club should consider supporting or for individuals to go online and support should they so wish. I have looked at the very straightforward website and have been impressed; it's worth a look.

David was thanked for his illuminating presentation in the usual manner.

Rtn. Nigel Deakin

Dr Robin Carr – Combat Stress



Dr. Robin Carr MB BS MSc, spoke to Club on Friday 19th October to raise awareness of the Combat Stress organisation. For almost a century, this charity has helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and complex post-traumatic stress disorder (PTSD).

PTSD is an anxiety disorder caused by very stressful, frightening or distressing events such as bereavement, significant accident or injury. He described how 1 in 3 veterans will get complex PTSD precipitated by severe trauma and repeated exposure to harrowing environments: they go to places most people have never heard of, and witness the very worst that humans can do to other humans. He explained that these veterans were left deeply troubled by what they had seen, done and not done, and needed help to live in peace.

These people will present late, some as long as 10+ years when their coping strategies finally break down. Many will use avoidance, isolation, or distraction to cope with the repeated flashbacks, the nightmares, and the disturbing physical symptoms. Some turn to alcohol and drug abuse, and sadly some even take their own lives.

Combat Stress is the UK's leading charity helping veterans on their journey towards finding peace with their mental health issues. Their services are free and available through a nationwide telephone number 0800 1381619. This is a 24 hr service and leads to a triage process that will sign post the individual or their families to the most appropriate service. Their website (combatstress.org.uk) also has much to offer. Help can also be found through the Veteran's Gateway (veteransgateway.org.uk) and treatment can also be sought through the NHS.

Dr Carr showed himself to be a worthy ambassador in his role as Chairman of the South of the England Regional Committee for Combat Stress.

Rtn. Nig Randall

Dawn Golder – FND Hope



FND Hope UK's Executive Director Dawn Golder was honoured to talk about Functional Neurological Disorder [FND] at Banbury's Rotary Club on Friday 25th October. FND is a problem with the functioning of the nervous system rather than structural disease, and presents with a variety of neurological symptoms, such as seizures, tremors, weakness, paralysis, sensory and movement etc. FND accounts for up to 1/3rd of neurological outpatient visits, but is not very well known. Dawn was also able to provide a very honest and open

account of her own personal journey in the diagnosis and treatment of FND. Dawn has volunteered for FND Hope UK since September 2016, and became their Executive Director in September 2017 after receiving charitable status in England and Wales in June 2017 and Scotland in April 2018. FND Hope UK's objectives are to raise awareness of FND, coordinate a voluntary patients' register to help with new and ongoing advancement of research and to work with medical and allied health professionals.

Rtn. Surinder Dhesi

Council Notes (24th October)

An exciting opportunity is available for someone to take on the important role as the Hon. Assistant Secretary with effect from 1st July 2018. It is important that Club members share the responsibilities of running the Club and thereby, in our role as custodians, help to ensure it continues to flourish for the benefit of future generations.

Rtns. Ian Anthistle and John Bennett are attending a session of Young Carers at Wykham Park Academy with a view to establishing a new Interact Club.

Rtn. Ron Barnett has decided to resign as webmaster after 13 years. Council members unanimously extended their grateful appreciation for his sterling work over such a long period of time and it was agreed that the President would express the thanks of all Club members at the following club meeting.

Ed.

Focus on Sierra Leone

Tremendously important work continues which is organised by Rtn. Alan Wolstencroft with donations from many individuals and organisations (including the Rotary Club of Banbury). Examples of the allocation of recent fundraising includes the following:

The installation of a water harvesting system at Liverpool School, the building of a handwash station on the toilet block and the building of the Junior library;

Text books are being purchased for the Junior library at Liverpool School;

The installation of mains electricity to 7 classrooms, 2 staff rooms and offices and essential areas of the compound at the Liverpool Community School;



A lot of secondary age girls miss out on education as they cannot afford sanitary pads during their menstrual cycle. Support is being given to 260 girls and as a result absenteeism has been considerably reduced. It costs just £6 a year to support a girl; and

A replacement water tank (water harvesting system) with security protection at the Banbury International Community School and re-painting the toilet block.



Anybody who would like to make a donation in lieu of sending Christmas cards will receive an Xmas card/message from Sierra Leone as a thank you. Contact Alan for more information.

Ed.

Carol Service – Sunday 9th December

For the last 18 years we have celebrated Christmas with a Carol Service held jointly with the other Banbury service clubs. I am pleased to tell you that the Rev'd Steve Swann at Marlborough Road Church has agreed to host us again on Sunday 9th December at 6.00 pm.

As well as the Cherwell club, Lions, Probus, Tangent and Inner Wheel, we will be joined for the first time by the Banbury Townswomen's Guild. This is the one time in the year that we all get together for an act of worship and a good sing followed by coffee and mince pies - a most enjoyable occasion.

Please put the date in your diary and let's fill the church.

Rtn. Ian Rodrick

Christmas Cards

As I was greeted by an inflatable Santa Claus in Homebase last week, I make no apology for writing about Christmas cards the day before Halloween.

You will remember that many of us make a donation to Rotary Foundation "in lieu" of spending money on Christmas cards. The names of those participating are published in the December bulletin with a suitable greeting, so I have to get the administration done and dusted in November.

I will be circulating a board in the next week or so and subsequently distributing envelopes to those who wish to participate. The amount of the donation is confidential, only known by the treasurer for gift aid purposes.

I encourage you to consider what you would have spent on "in house" cards and to join in.

Rtn. Ian Rodrick

ShelterBox

Members will be well aware of the tsunami and earthquake in Indonesia. As a Club we tend to help with disasters through ShelterBox. However, when we are collecting we cannot state where a box will go, only that funds are needed to replenish stocks being sent out to help. On this occasion it was not until 23rd October that the charity advised that it

had received permission to work with the local Rotary in Sulawesi. Until then, we could not even state that stocks needed replenishing due to the aid being sent for that disaster.



Nevertheless, ShelterBox is promoted by the Club throughout the year in order to help the charity to have the resources available when disasters do occur. Presentations are given to local organisations and funds are raised as a result.

World Polio Day, Banbury Town Hall



Ed.

Weekly Meeting Duties for November 2018

<u>Date</u>	<u>Table Duty</u>	<u>Cash Desk</u>	<u>Fellowship</u>	<u>F&H in charge</u>
02 Nov	G Anker I Anthistle M Budd J Bennett S Bion B Cornley	R McLean P Cavill	J Brodey	M Humphris
09 Nov	N Deakin S Dhesi M Douglas A Fairbairn B Goodchild J Groves	N Halfpenny J Donaldson	J Meredith	I Ilott
16 Nov	C Hughes J Hansford G Jeremy O Kyffin K Manning H Matthews	T Iles R Barnett	R Nurden	R Kipping
23 Nov	M Nutt M Phillips N Randall D Richardson P Richardson I Rodrick	R Nurden G Pollard	F Riches	D Hitchcox
30 Nov	P Thomas J Smith			S Jakeman

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 November & December

<u>Date</u>	<u>Speaker</u>	<u>Topic</u>	<u>Host</u>
2 Nov	Simon Batten	Remembering the Great War	Nig Randall
9 Nov	Tony Ilott	My Life continued	John Donaldson
16 Nov		Rotary Special Meeting	
23 Nov		Fellowship Meeting	
30 Nov	Ian Scott-Hunter	The Life of a Royal Footman	
7 Dec	Keith Davies	Volunteer Connect	Peter Richardson
14 Dec	Sir Tony Baldry	Three Wise Men	Roger Worrall
21 Dec	No meeting		
28 Dec	No meeting		