



The January Diary

- 6th C & V Committee
Classification & Member
Committee
- 8th Rotary Lunch meeting
- 13th Foundation Committee
International Committee
- 15th Rotary Lunch meeting
- 19th Sports & Entertainment
Committee
- 20th Youth Services Committee
- 22nd Rotary Lunch Meeting
- 27th Council Meeting
- 29th Rotary Lunch Meeting

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



President's Thoughts for December

What a year 2020 has been. Christmas now virtually cancelled. Someone said that the only thing worse than drinking too much mulled wine with friends at Xmas is drinking it without them. Cheers!

I prefer to rely on reality rather than pseudo political positive presentations of events. Covid 19 will be seen inter alia as a disaster and as an agent of change, but even if changes made benefit some it has still been a very difficult and sad time for many. Not only is it not over yet, the full impact especially that related to the 'cost' has still to be quantified and understood.

The Rotary Club of Banbury relying on the ability, attitude and dedication of many of its members is surviving well. Lots of plans, ideas and traditional events on hold as the various measures applied to beat the pandemic impact have not ruined a positive approach for the future - the celebration begins when we can confidently plan with authentic and rational knowledge of the finishing date. I had thought that this might start with the Contact visit in May, but for very reasonable and logical reasons this cannot be, but Contact will continue and local ideas to celebrate the end of the pandemic will soon need to be considered.

Meanwhile we must keep and maintain the right operational framework, continue meetings safely on line, adopt realistic planning and take care to follow the imposed requirements to control the pandemic. We must remember that some things will change for ever and that things will never quite return to the expected normal as many are hoping for but it is becoming clear that we will be able to have an enjoyable and rewarding future as members of the Rotary Club of Banbury.

The commitments and abilities of many of the members are showing that the Club can and will survive the pandemic and although there are lots of plans on hold there are notable examples by members of positive attitudes and a willingness to adapt. There have been some great Zoom meetings with good and interesting speakers, especially the special Christmas event on 18th December that despite Zoom was a great event with some notable performances. There are plans in place and the future is being thought about - participation in the Young Photographer competition and also plans when suitable for Young Musician and Young Chef. Various concert plans in place and even possibly an extra one. The usual massive Xmas hamper distribution changed into donations of vouchers and support. Street collections and organ playing to raise funds all happening in the town centre rather than out at the usual supermarkets. Perhaps the wearing of masks has helped as has the use of cashless machines.



The Rotary Club of Banbury is celebrating a landmark charitable achievement as one of the hundreds of Rotary clubs from across the country to contribute over £1 million to Lendwithcare, a microfinance charity which enables people in the UK to make small loans to entrepreneurs from poor communities around the world. More than £1 million has now been lent by Rotary to farmers, tailors, market stallholders and food producers to name just a few of the types of businesses Rotary has helped in 11 countries across Africa, Asia and South America.

Head of Lendwithcare, Tracy Horner, added: 'Through Lendwithcare, Rotary has helped change the lives of more than 5,000 entrepreneurs around the world so far. We're grateful to every Rotary

member who lends their time and energy to raise funds to lend to people trying to earn a living in some of the most challenging environments in the world. It really is life-changing for the people we work with, and we want to extend our huge thanks to Rotary Great Britain and Ireland and everyone at The Rotary Club of Banbury.

I read somewhere recently a reminder that we will not be remembered for our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moments that take our breath. Today I wish you a day of simple miracles - a fresh pot of coffee you didn't make yourself An unexpected phone call from an old friend Green traffic lights when you drive The shortest queues at the supermarket! Your keys found right where you left them A hole in one playing golf Being at home when Amazon arrives.

As Rotarians with the support of partners and families we have made a difference even when in 'lockdown' and can provide service above self. Thanks to all involved. Wishing everybody and their loved ones a great Christmas and eventually a wonderful free, healthy and prosperous New Year.

President David Richardson

Speaker Reports

Rtn. Nigel Deakin – CARBON INCOME – A Carbon Fee and Dividend



“Carbon should not flow unpriced into the atmosphere any more than you should be allowed to toss your garbage into the street!” This was Nigel Deakin's headline quote as he explained that we are potentially on the cusp of a new, challenging but just and fair plan to tackle one major aspect of climate change.

“Between 1970 and 2019 the use of coal in the UK

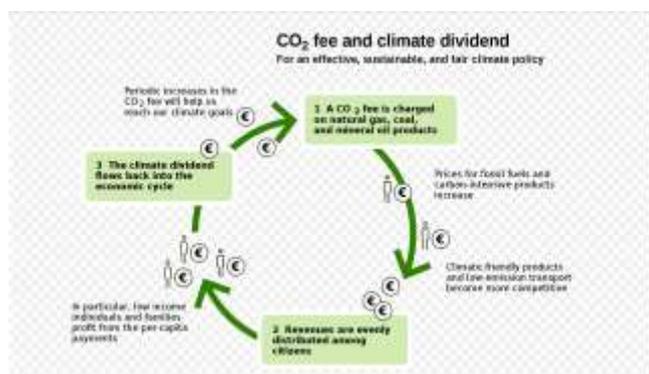
shrank from 156 million tons to 0.9 million.” With facts such as this Nigel urged Friday’s lunchtime zoom audience to recognise past success and join the increasing public effort to address the issue in the UK.

It is widely recognised that a tax on carbon is needed for us to reduce carbon emissions to acceptable levels. However, where carbon taxes have been introduced by governments, they have not proved popular with voters, even to the extent that rioting has ensued as in the France (the Yellow Vest protests) and Ecuador, as a result.

Nigel explained that many top scientists and economists across the world are currently promoting the idea of a tax on carbon matched by a dividend that would flow back into the economic cycle of each country participating in the scheme. Carbon would be taxed at source and the money raised paid back as a monthly dividend to all citizens equally. The vast majority of people would receive more from the dividend than they would have to pay through increased fuel prices due to the tax, with the least well-off (lowest carbon users) benefitting the most.

On the introduction of the carbon tax, fuel prices would increase with the knock-on effect of a more rapid transfer to the use of sustainable energy and low carbon sources.

The world is now watching Canada and Switzerland to see how these countries fare as they introduce the scheme so that everyone becomes aware that it is transparently a more just economic system for all.



As Nigel rounded off his talk, audience members joined in a lively Q&A session highlighting the need to avoid the scheme becoming a party-political

football, looking to the strongest economies such as China to take a lead, and clarifying the need for a trade balance across the world with no tariffs between countries participating in the scheme.

This excellent talk concluded with everyone looking forward more positively to the Global Climate Change Conference to be hosted by the UK next year. Many thanks from us all to our Speaker.

For further insights please visit Citizens Climate Lobby UK. Here’s the link:

<https://citizensclimatelobby.uk/carbon-fee-dividend/climate-income/>

Rtn. Fred Riches

Sue Robertson (Community Legacy Manager) and Rachel Shaw (Research Information Manager) – The work of Cancer Research UK

On 20th November Sue and Rachel gave an update on the work of Cancer Research UK (CRUK).

Sue told us that although 1 in 2 of us will be diagnosed with cancer, survival rates have increased. In the 1970s the survival rates was 1 in 4, currently it is 2 in 4 and CRUK is aiming for 3 in 4 by 2035 through working on prevention, early diagnosis, new treatment and optimisation of treatments.

There are around 200 different types of cancer. CRUK is the world’s largest Cancer charity funding the work of 4,000 doctors, scientists and researchers.

Four in ten cases of cancer can be prevented by lifestyle changes involving diet, quitting smoking and sun protection.

Early detection of cancers is important and CRUK funds healthcare facilitators to educate GPs, a cancer nurse helpline and interactive website advice. They are looking at ways to design better and kinder treatments. Sue said that 49% of cancer patients will have surgery and 40% will have radiotherapy.

CRUK funds a range of drug trials and have been responsible for pioneering 8 out of 10 new cancer drugs. Medicines can now be tailored to the individual’s DNA and the charity is developing new radiotherapy machines that target cancer cells more accurately.

Sue said over £400 million was spent on the charity’s programmes last year. A third of the

funding comes from legacies and CRUK has a free will-writing service for anyone over 55 and without any obligation.

Sue’s message was one of positivity and hope for the future and that ‘together we can best cancer’.

Many members have themselves or had close family and friends affected by cancer, so there were many interesting questions with answers provided by Sue and Rachel.

Professor John Wass – You and Your Hormones

Professor John Wass, Professor of Edocrinology at Oxford University and Consultant Physician at the Churchill Hospital gave a talk on 27th November on ‘You and Your Hormones’. He commenced with a quick summary of the significance of hormones and the medical conditions that can be created in the event of hormone imbalance.

Next he focussed upon the effects of some particular hormones upon the body. These included the growth hormone and the way that its extraction from human sources has given way to safer biochemically engineered hormone.

He also discussed sex hormones and their use in ameliorating conditions including sexual dysfunction and some transgender issues associated with unusual gene sequences.

The importance of the thyroid and its associated hormone thyroxine upon weight, energy, mood etc. was described and the surprisingly high prevalence thyroxine imbalance in women over 60.

HORMONES	
Pituitary	Growth Hormone Prolactin Thyroid Stimulating Hormone Luteinising Hormone Follicle Stimulating Hormone Adrenal Stimulating Hormone Antidiuretic Hormone
Thyroid	Thyroxine
Pancreas	Insulin
Ovary	Oestrogen
Testes	Testosterone

The role of insulin in diabetes was more widely known but the fact that losing 10-15 kg often has the effect of controlling type 2 diabetes was a surprise to some.

After a lively and wide-ranging Q&A session the

speaker was thanked in the normal way for a talk that commanded full attention despite the vagaries of Zoom!

Robert Richwood – Amnesty International

On December 4th Robert Richwood spoke to the Club about Amnesty International (AI) whose logo is a candle surrounded by barbed wire.

Founded by UK lawyer, Peter Benenson, in 1961, it initially publicised restrictions on freedom of speech throughout the world. AI grew rapidly, initially 15,000 and then 200,000 in 1979. Now its membership stands at 7,000,000.

The international Secretariat is based in London and does in-depth research and coordinates the work of individual national sections e.g. UK, Chile, Canada, Morocco and South Korea. Their guiding principles are; Effective action for the individual victim, Global coverage, Impartiality, Independence and Universality.

The Universal Declaration of Human Rights became incorporated into UK law by means of the European Convention on Human Rights in 1951 and has now been incorporated into the Constitution of over 90 countries.

Banbury has an AI group which was known as Bloxham AI group until 2016. The meetings are now held monthly in the Waitrose Supermarket Conference Room (lockdown willing). There are 30 core members and more linked members.

Banbury Amnesty’s 2020 campaigns involved Yilliyasijia Reheman and the Cattle Farmers in Angola. Yilliyasijia was deported from Egypt in 2017 to the Xinjiang Region of China and has not been heard of since. It is thought that he is detained in a ‘transformation through education centre’ or is in prison. Concerning the Cattle Farmers in Angola, some 65,000 of them in the Gambos region have had two thirds of their grazing land taken by commercial ranchers which means that their communities are on the brink of starvation as they are now forced to survive on barren and drought-ridden land.

Since his presentation to us Robert has sent Peter Wilkins details of Algerian journalist Khaled Drareni who is in jail because of his coverage of the anti-

government Hirak protest movement. Peter has circulated the information about Khaled Drareni to the Club and Robert is hoping that some members may write a letter of support to him.

More Crocus Corms Planted in Banbury

Ignoring the possibility that Friday 13th could be an unlucky day to venture outside, we needn't have worries - we were lucky!! The weather was fine and Rotarians Malcolm Dibb, Phil Cavill, Malcolm Douglas and John Bennett teamed up with some Cherwell District Council Park Rangers to plant this year's consignment of crocus corms. Our partnership with



with CDC and Banbury Town Council C has seen way over 100,000 purple crocus corms planted around the Banbury area in the last seven years, to publicise Rotary International's on-going mission to eradicate polio worldwide.

The planting this year was on the site of the old Admiral Holland pub, in the bank opposite the shops, so don't forget to look out for them in early spring time. They should add a welcome splash of colour.

Rtn. John Bennett

Award for Children Heard + Seen – December 2020

The Rotary Club of Banbury is one of several organisations that have supported Children Heard and Seen in their work to mitigate the effects of parental imprisonment on children, young people and their families.

This year has raised unprecedented challenges

for the charity and the families that they support but their ability to quickly adapt service provisions at the beginning of lockdown and beyond has allowed them to celebrate great success.



From using online support to drastically extend the reach of their work, to moving in to an exciting new office space and being honoured with an award by the Criminal Justice Alliance, they have reason to be proud of the work they have done this year in supporting families impacted by parental imprisonment.

In 2020, they supported 225 children impacted by parental imprisonment.

Banbury Rotary Club Website

Tour de Trigs 2020

For many years I have set myself physical challenges to promote and/or raise money for charities. This year, my challenge was programmed for August/September but had to be postponed due to the pandemic. Instead, I have just undertaken what I suspect is a first - a solo (save for 11 miles when Diddy Hansford kindly accompanied me), completion of a Tour de Trigs route over the weekend of the event (or what should have been the weekend but for its cancellation due to the regulations imposed relating to Covid-19). Covid compliant as regulations and social distancing were maintained. For those of you who are not conversant with the Tour, it is a 24-hour, 50-mile orienteering challenge in teams of three which takes place annually over the first full weekend of December. Weather conditions and limited daylight hours make it a serious challenge and each year a significant proportion of competitors do not finish. For those that do, it is very satisfying. For those

that don't, it is unfinished business to return to when better prepared.

I hope that my completing the Tour will help to keep its high profile ready for December 2021. It is a well-organised competition which has been running since the 1960s. Details can be found on www.tourdetrigs.org.uk. It was originally started by members of the Scout Association and many youngsters have taken part and is an interesting and distinctive addition to their cv. It demonstrates an ability to work as a team, an impressive capacity for physical and mental stamina as well as an ability to learn and implement technical skills in testing conditions. However, people of all ages take part. So, whatever your age, put it in your diary for December 2021, encourage friends and family to take part and use it as a medium to help yourself and perhaps others (charitable fundraising). But whatever you do, make sure your boots are in a better condition than mine (photographed at the top of Crouch Hill)!



I hope that my efforts will also demonstrate that even in these Covid-affected times, people of all ages can get out there and enjoy themselves safely with activities that improve their health. The first recollection I have of a pop single in our house was 'She Loves You' by the Beatles. Born in 1957 and aged 63, I am in my 64th year so my current theme tune for challenges is 'When I'm 64' (also by the Beatles). I have a friend who completed the 184-mile Thames Path in his 80s. My Mum, now 90, has the zip wire over the slate quarries in North Wales on her bucket list. Age in itself is not a barrier.

I am dedicating this 'first' to two people who died earlier this year. First my father who reached the ripe old age of 91. I could not have wished for a

more supportive, understanding and loving Dad. He was a source of great inspiration and introduced me to the mountains. Secondly, to a great friend, Steve Websdale, who I first met at the age of 11 on our first day at secondary school. We kept in contact throughout our lives, completed the Tour de Trigs and the West Highland Way together, he was best man at my wedding and was a great and fun character.

After his retirement, my Dad carried out voluntary work for over a quarter of a century for Katharine House Hospice, for whom my Mum was for a period the chaplain and my wife, Marilyn, is now a volunteer. Steve volunteered for the Samaritans. I am a trustee of the Banbury Sunshine Centre which provides critical help to the local community. These charities are particularly apposite given the issues arising from Covid. Whilst I am not seeking to raise money for charity from this challenge, if you feel that you can help any of these charities or indeed any other charity of your choice that is in some way involved in helping those suffering in some way from the pandemic, then that would be greatly appreciated. This year has been difficult for so many people. Whatever our politics or beliefs, I believe it is important now more than ever to pull together and help each other. I am very lucky to have a loving family and a great network of friends, yet I have still felt the pressure. Imagine, therefore, what it must be like for those less fortunate in more difficult situations.

My original 2020 challenge is now in the diary for August/September 2021. Having soloed Helvellyn via Striding and Swirral Edges in a white-out and Tower Ridge on Ben Nevis in recent years, it will be my most severe self-examination to date to accept calculated risks as I continue to push my boundaries, but this time in an alpine setting. Watch this space!

Andrew Fairbairn

Late News

Despite Covid 19 restrictions, some collecting tins were circulated and donations received for the Royal British Legion Poppy Appeal during November.

It should be noted that 2021 will be the centenary of the establishment of the Royal British Legion.

Speaker Programme for January & February

<u>Date</u>	<u>Speaker</u>	<u>Topic</u>	<u>Host</u>
8 Jan	John Bridgeman	Sunshine Centre Activities	
15 Jan	Derek Silby	Starting a tech business in Banburyshire	