

Rotary District 1240 Bulletin

February 2024—District Governor David Willis

happy
Valentine's
day

“CREATE HOPE in the WORLD”



From District Governor David Willis



In my recent articles for the bulletin, I have discussed the idea of organising a spring clean up. I am pleased to inform you that our district has agreed to participate in the Rotary Day of Service on the 18th May 2024.

The Rotary Day of Service is an event that takes place annually in the USA, Brazil, and the Netherlands. After speaking with Stephanie Duniaeff, a visiting Rotarian from America who helps organise this event, I realised that it would be a fantastic way to combine our spring clean-up initiative with a larger community service effort.

The website for registration will be available soon, so please mark your calendars and start thinking about how you can get involved.

The concept behind the Rotary Day of Service is to invite Rotarians and other local community groups to collaborate on a project in their community. Whether it is a beach clean-up, litter pick, community garden, food drive, raising awareness about mental health issues, or any other project that benefits the community, the choice is yours. Participating in this event also presents an opportunity to potentially attract new members to your clubs.

Once you have identified a project, you will be able to register it on the website, and we will provide links to ensure that we receive media coverage. Last year, 50,000 Rotarians participated in this event, representing thousands of clubs.

WE NEED YOUR HELP!





MAY 18, 2024



17 DISTRICTS • 10 STATES • 5 COUNTRIES

800 CLUBS • 30,000 ROTARIANS

ROTARY DISTRICTS

1240, 4770, 5440, 5450, 5470, 7120, 7210, 7230,

7255, 7410, 7490, 7850, 7890, 7910, 7950, 7980

SERVING OF CONNECTICUT, MASSACHUSETTS, RHODE ISLAND,
NEW JERSEY, NEW YORK, VERMONT, NEW HAMPSHIRE, COLORADO,
WYOMING, BRAZIL, BERMUDA, CANADA, & ENGLAND

**REGISTER FOR THE
KICK-OFF CALL**

**PROJECT
SUBMISSION FORM**

**MONDAY
26/2 @ 7 PM
ON ZOOM**



**DUE BY
20TH
MARCH**



Learn more about the Day of Service,
how it will work, its impact, and its
promotion.

Only submit your project once you have
your project details
(i.e. location, time etc.)

**WHAT IF MY CLUB DOESN'T HAVE A PROJECT OR
ANY PROJECT DETAILS YET?**



FILL OUT THE CLUB INTEREST FORM!

This will let us know your club's
intention to participate in the Day of
Service. We can help you find a
project or partner with another club.

*Questions? Contact DG David at rotarydemon@gmail.com or
Stephanie at stephanie.dunaieff@margotcorporation.com*

Recently, I have been reflecting on the reasons why I joined Rotary. I realised that I owe a great deal to two people. The first is my father-in-law, who had the foresight to invite me to join Rotary, and the second is our founder, Paul Harris. Without their influence, I wouldn't be on the incredible Rotary journey that we all share.

One of my favourite Paul Harris quotes comes from an article he wrote in the Rotarian Magazine in 1945. He said, "I would like to think that the pioneering days of Rotary have only just begun. There are just as many new things to be done as ever there were. Kaleidoscope changes are taking place, many without our will. Even to hang on the fringe of this fast-changing world is about all most of us can do. Rotary must continue to pioneer or be left in the rear of progress."

Paul Harris recognized many years ago that Rotary needs to continually evolve in order to leave behind an organisation that is relevant to future generations. I believe he would be proud of what our organisation has become today and would encourage us to continue evolving. I avoid using the word "change," but to those of you who have recognized the need to examine your club's structure in order to attract new members, I commend you.

The Rotary I joined many years ago is different from the one I am currently a part of, but it still holds the same values and principles that keep me enthusiastic about being a member. It's fantastic and exciting to see that we have 59 clubs in our district, each doing Rotary in its own unique way.

I am grateful to work with an extraordinary group of dedicated Rotarians who make up our District Support Team. They handle all challenges with a sense of humour and receive no compensation for their additional Rotary work. The district team is here to support you, and we genuinely want your clubs to grow and thrive. We will provide whatever assistance we can.

As I mentioned earlier, my father-in-law Gerald Swinscoe was the one who invited me to join Rotary. He is currently facing health difficulties, and I take every opportunity to express my gratitude to him for what he has done for me.

My message to all of you is this: ask someone to join Rotary, and you will be giving them something truly special that they will remember you for.

Yours in Rotary

David Willis District 1240 District Governor



David Randall

BILLERICAY MAYFLOWER

Billericay Mayflower's Christmas Market 2023—Nearly £39,000 raised for charitable causes!

With Billericay Christmas Market (BMC) 2022 having been declared the “best ever”, the expectation for BCM2023 was going to prove a challenge, and so it was.

Multiple changes in the High Street, with more closed shops and with some 40 of 2022's stallholders ceasing to trade either due to retirement or economic pressures meant that layout planning was more difficult. Survival of the High Street is a concern in itself, with businesses struggling with increased rents and loss of trade due to bank closures and offices being replaced by residential use. All of this led to a bit of a downbeat atmosphere, but everyone was looking forward to BCM to offer some relief from the gloom and doom.

And then there was the weather! Or more precisely the weather forecast, which proved as unreliable as ever, but probably had a negative influence on attendance. The weather itself put paid to being able to use Sun Corner for car parking, and the failure of NCP to even reply to this year's request for free parking at the railway station compounded our concerns on the day.

So, it was with a little more concern than I can remember that I entered the High Street at 6am on Sunday, Dec 3. By 7am, the parked cars had cleared the High Street, the road was closed, and stalls started to arrive. The entry marshals and zone managers did a brilliant job at set-up coping with all the changes and new stalls not familiar with our processes. Billericay Round Table turned out in force along with Billericay Town RC's Nick Lang to assist Library set up, and we were ready for visitors by 10am as planned. Jan Howe ensured that refreshments were available for our army of yellow bibs, and even the weather started to co-operate.

Santa's Parade commenced just after 11am, with the crowds as big as I can remember. Santa was delivered safely to his grotto, courtesy of our good friends from Brentwood RC. BCM 2023 was underway as planned.

My observation was that all the shops, cafes, and restaurants were full to bursting, all day, despite alternatives provided by the stalls, and that crowds persisted until the last hour when it rained heavily.

BILLERICAY MAYFLOWER

The stage had good attendance for what was an excellent line-up arranged by Mike Nye and Mick Kirby.

Santa and the face painter were overwhelmed with demand from our young visitors!

The Basildon County Council road sweepers did their usual excellent job and the road re-opening went well as we opened ahead of time.

We'd like to thank everyone who supported the event, from our club, other clubs, and organisations, Stewart Pink from Southend radio, to our own Big Eventers.

Finally, we're very pleased to announce that nearly £39,000 was raised for charitable causes. And more good news? Mayflower members voted overwhelmingly in favour of staging BCM 2024: planning is underway! David Randall – Event Manager



Obituary of Rotarian Derek Colby (1941 – 2024)

Derek joined Billericay Mayflower in 1991, having been abroad for business reasons so much in the same year that the club was formed, he just missed being an actual founder member.

Right from the start he was clear that running committees or holding any kind of office was not for him. International endeavours and fund-raising were very much to his taste.

He was an integral part of the original International Committee and soon got the club running fundraising events at his home. Music in the Garden piggybacked initially off Yvonne's NSPCC event of the same name, then the eponymous Carols at the Colbys' started and ran for nearly 30 years!

BILLERICAY MAYFLOWER

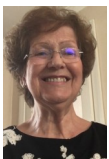
When Rotary GB & I changed committee structures, Derek became a much valued and committed fundraiser. He had a dogged determination and stubborn streak that made him an ideal “tax collector” from High Street businesses prior to Christmas Market for example. Even in his latter years, when not so fit, he still put in a shift collecting at club events.

Derek was gregarious and always attended club meetings when he was in the country. He loved scattering to other clubs and was part of a scatter group that went at various times to Ireland, Scotland, the Isle of Man, France, and Belgium. He had an easy manner with people and made friends wherever he went.

In recognition of his achievements, the club awarded him a very much deserved PHF in 2011. Derek was a Rotarian of the highest calibre. He was a popular, well-loved and well-respected member of Billericay Mayflower who will be much missed by us all. Alistair Moulds



Derek Colby 1941—2024



Margaret Webb

BISHOP STORTFORD

What a long time it seems since Christmas! In reality, it's only a couple of months – or less at the time of writing – but we've still managed to enjoy a number of memorable events.

Our first event in 2024 was a fellowship meeting, when we discussed the recent Christmas collections while they were still fresh in our minds, to see if we were happy with how they went, with the result, and to evaluate what we should be doing next Christmas. Pre-Covid,

BISHOP STORTFORD (Cont'd)

we were able to man several collection sites in the town centre and at local supermarkets for a full two weeks before Christmas. Post-Covid this has proved a challenge. It is not only that we currently have fewer able-bodied members than pre-Covid, nor that the younger members find it hard to take time out of their busy work schedule, but, more worryingly, that the supermarkets haven't been able to offer us as many collecting days. But most of our members managed to take a few slots and, with the help of partners, Friends of Rotary and 'special ladies', as we call Club Members' widows, we still managed to collect in excess of £6000.

Our second speaker in January was Jake Tucker – CEO of Bishop's Stortford Youth Project and, in particular, the Thirst Youth Café. Thirst Youth Café is a safe space, run by Bishop's Stortford Youth Project, for young people from 11 to 18 to come, eat, relax, play and enjoy each other's company whilst also being a place where they can be creative, receive support and advice from experienced youth workers and positive role models. It is also a place where no parents or grown ups are allowed, except for the project's staff.

We were delighted to have again sponsored the Young Carer Award in the Indies Awards, organised brilliantly by the local newspaper, Bishop's Stortford Independent, held on Friday 26th January at BS Rugby Club. The award went to 15 year old James Windridge, a student at Hockerill Anglo European College, who was recognised for the care he gives to his brother, Toby, who is 2 years younger and suffers from



Angelman Syndrome, a rare genetic condition that affects the nervous system and causes severe physical and learning disabilities. Toby attends Amwell View School. James says he is trying to take on the lifting and carrying of his brother, which gets more difficult as Toby gets older and heavier, to make things easier for his parents. He tries to make sure he has a relatively normal childhood, with access to modern stuff. He had been nominated by the boys' mother Helen, who said James doesn't only help Toby with physical things, but



provides friendship and fun for his little brother, who shares with James a love of Marvel films. We are proud to have enabled James to have recognition of what he does to help his brother. The photos show James with his mother, Helen. Club President Bernie Cotton presenting James with his award, and a shot from the accompanying video, showing James with Toby



Our speaker at our Evening Dinner Meeting on Monday 29th January at BS Golf Club was Paul Carter, Chairman of Bishop's Stortford Sports Club, who told us about the plans for the 2025 Bicentenary of the Cricket Club. The Club is the oldest in the country still to be playing on the same ground throughout. Part of their plans are to build a new pavilion with excellent facilities which will be an asset to the local community. Around £700k has already been raised, but with a further £1m is needed to complete the project. Many of our members have a longstanding association with the Cricket Club and were thus interested to hear all the latest news of this exciting project.

BRENTWOOD

Christmas 2023

We had a fantastic Christmas - we had good fun and cheer and we raised money for our local charities. We had a number of activities:.

- Christmas Grotto x 3 Saturdays
- Grotto at Billericay Christmas Market
- 8 Round the Street Collections
- Finally our static High Street Collections
- Christmas Panto for SNAP children

The year was not without its challenges. We had to rely heavily on our "Friends of Rotary" to cover shifts across all the above activities. On Tuesday, 20th February 2024 we are holding a special Buffet Supper in their honour.

We are still fine tuning the results but believe we received in excess of £10,500. Not our greatest total but we were really pleased considering some of the hardship we see around us locally.

We are holding our Christmas Review meeting on Tuesday, 13th February but without doubt:

- The grotto was a great success, we had a steady stream of customers and the best of all – we were tucked up inside our warm and dry grotto.
- The street collections are always a big success with our local residents but this year it was so brilliant, families were following us on the Sleigh Tracker and parents arranged "sleepovers" for children of friends who were not covered on our routes to be able to see Santa. However, cold and miserable the weather might be, and some nights it was, your heart cannot fail to feel the warmth and excitement of those children, rushing out to see Santa on the sleigh
- Last but not least we were delighted to work alongside Billericay Mayflower at their own brilliant event – Billericay Street Market.

BRENTWOOD (Cont'd)

I Got Shoes

Penny and Gary Seithel are founder members of I Got Shoes, a charity which operates in Uganda set up at the time of lock down. They have been working in Uganda for years and it has been our privilege to be working with them since 2001. The Rotary Club of Brentwood already has a longstanding relationship with Uganda, working with Norresundby Rotary Club in Denmark and the Rotary Club of Kampala

I Got Shoes is built on the belief that:

“Every child should have the right to education and to live with dignity and security”

“Providing a child with a pair of shoes is a stepping stone into education, begins to break the cycle of poverty and improves the head of a generation



I Got Shoes work in two different areas, directly with Shalom Children's Project in Rakai District and Jubilee Care Nursery and Primary School in Kewempe District. Through Gary and Penny we have been able to contribute to different projects which include new guttering and a water collection system to provide safe water and a perimeter fence to protect the school and the children in their remote environment.

At the end of January Penny and Gary were our guests at a club meeting where they presented on their progress and it was heartening to see how donations were being spent.

For more information on “I Got Shoes” go to www.igotshoes.co.uk

Peter Franklin

Many of you will have known Peter Franklin and will already have heard of his death. Peter was an amazing man who will be missed by so many. He was born in Brentwood in 1949 and was married to Ceyla, father to three boys, Alfie, Charlie and Joe and a proud grandfather. He also had two dogs which he loved dearly. Lulu and Bonzo

BRENTWOOD (Cont'd)

Peter was a jeweller, and he came from a long line of shopkeepers, with relatives who seemed to have had most shops in Brentwood High Street including the Dairy, now known as the Dairyman. Over a coffee or a glass of something stronger Peter could tell fascinating stories of the “Old Brentwood”. In fact in his last days with us, he called his family together to make sure they documented his life in Brentwood

Peter loved life. He was funny and incredibly kind. He and Ceyla with a zest for adventure lived for a time in Australia and then returned to the UK bringing up their family of boys. He joined the Rotary Club of Brentwood in 1990 and took on his role as a staunch Rotarian. He chaired many committees and was President from 2005 to 2006 but will always be known as “The Best Father Christmas”. Christmas activities will not be the same without him.

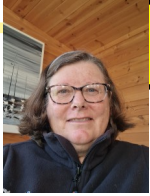
Peter was involved in many things locally, a member of the Chamber of Commerce, School Governor and a local Councillor in 2002 for Shenfield.

In the last few years, Peter took up Bowls and like most things he was very good at it. He entered into club life, running the bar and he and Ceyla took on the flower bed maintenance.

Peter's last 18 months were tough. He developed skin cancer in 2022 and following his surgery, Ceyla also became seriously ill and died in April last year. Peter despite his loss, was determined to carry on life doing the things he loved; being with his family, walking the dogs with the friends he had close to his home and getting back to Bowls and the Rotary Club but sadly that time was all too short. The last few months Peter has struggled with his illness and that is now over. He will always be remembered for his kindness, his sense of fun, generosity of spirit and love of life. Rest in peace, Peter.



Goodbye Peter



Fiona Brown

BRIGHTLINGSEA & DISTRICT

Brightlingsea & District Sleigh Runs Break Fundraising Record

The Rotary Club of Brightlingsea & District's annual Santa Sleigh runs, which have been going for over 40 years, continue to go from strength to strength. Santa and the sleigh were out visiting the streets of Brightlingsea and the surrounding villages every night from 1 to 24 December 2023, and also made several special appearances at community events and to local care homes and schools. This year, for the first time, the sleigh team carried credit card machines which helped raise additional funds, and live tracking was used so that people could follow his progress and come out as he was approaching their area, rather than having to wait out in the cold to avoid missing him.



Santa with some of his collecting team



Santa waving to everyone on one of his visits to Brightlingsea and the surrounding villages.

The club partners with local charities and community organisations, who provide the door to door collecting teams for the runs and then share the night's profits 50/50. In addition Brightlingsea's Satellite Club in St Osyth use the sleigh for runs around St Osyth and Point Clear. Alongside the club's own members, the sleigh is supported by a number of friends of Rotary who help with towing, Santa duties, maintaining, servicing and storing the sleigh, etc, and huge thanks must go to all the volunteers who make this much loved community tradition possible.

But the biggest thanks of all goes to the communities of Brightlingsea, Wivenhoe, St Osyth, Gt Bentley, Elmstead Market, Thorrington and Alresford, who come out to see Santa and who donate so generously. Despite the current economic climate, the club is delighted to announce that the record breaking sum of £6,896.24 was raised, £2,830 of which was distributed to the collecting partners, and the balance of which will be used by the Rotary Club to support local projects, charities and good causes.

Further information about the Brightlingsea Sleigh, the communities visited and the collection partner organisations can be found out at www.santasleighbrightlingsea.com. If fellow rotary clubs are looking for help with tracking, use of credit card machines, etc, please contact our sleigh co-ordinator Fiona Brown on fiona.brown@fionabrown.com or 07711 718470.

CANVEY ISLAND

Support & Benevolence Sub-group

The Club recently formed a sub-group 'Support & Benevolence' (S&B) of the Clubs Community and Vocational Committee. The group are made up of club members Rob Oakley, Sue Hampson, Tracy Winch, Tony Clarke and Rev. Maron Walford.

S&B takes a very pro-active approach to helping those people in the Canvey Island community by building relationships linked in with contacts at the local churches, Canvey's schools and local community groups, etc.

One initiative the group has put into action has been to purchase 70 Throws and thermal sock packs in response to the current cold weather in order to donate to various individuals and organisations within the community.

Below are some of the recipients:

A number were also delivered to Canvey Methodist Church which is a designated 'Warm Hub'. Here the Throws are kept on site and available to those people using the facility.

The S&B group learnt that the Canvey library run an initiative whereby they offer a book delivery service to those people unable to leave their homes. To that end the group donated:

20 Throws and sock packs to the library staff who will in turn use their judgment in terms of distribution.

Various groups use the facilities at the Canvey Island War Memorial Hall and here S&B have donated 14 Throws and sock packs.

The group has also given circa 10 Throws and sock sets to individual members of the community—a contact of the group forwarded a number of responses on behalf of some of the recipients, two of which are:

One lady whose husband had very recently passed away, cried and said thank you so much. She had been looking at Throws and said she could not afford one. Our contact said her home felt quite cold as she only puts her heating on for a short time and ended by saying she didn't realise how emotionally straining it could be giving the Throws etc. to genuine people that really needed them.

CANVEY ISLAND (Cont'd)

'Can you pass on a big thank you to the Rotary Club from a 95-year-old for the Throw and socks. She was not offended at all and was very humble and grateful that she was thought of at Christmas time.

s&B visited three local homeless men and gave them a number of thermal sock packs. They were extremely grateful - we have since discovered that one of the men is ex-military.



CHELMSFORD MILD MAY & CHELMSFORD RIVERMEAD

Volunteer Helpers Needed for the Baddow Races 2024

The Rotary clubs of Chelmsford Mildmay and Chelmsford Rivermead are busy preparing for the Baddow Races 2024.

The Races take place on 19th May at The Recreation Ground, Great Baddow, Chelmsford, Essex CM9 9RL.

They consist of a 10 mile Road Race and a 2 mile Fun Run starting at 10.00 am and 10.10 am respectively. There will also be lots of activities, stalls and refreshments on site for spectators as well as runners.

We will be raising funds for the Children's Society East, Essex Dementia Care and other local charities.

We need lots of help from volunteers to ensure that not only the runners but also the local community can enjoy a first class day.

Other Rotary clubs have always been very generous with their help in the past.

As well as asking you to inform any runners you know, we're asking if you'd be willing to help on the day - for example as a marshal, stall keeper or late entries helper.

If you can help, please contact us via the Races Website. <https://baddowraces.co.uk/get-involved/>



CLACTON JUBILEE

Christmas Day Dinners

The Rotary Club of Clacton Jubilee joined forces with the Rotary Club of Clacton to provide Christmas Day Dinners at Clacton County High School for people who would be on their own on the day.

A team of volunteers, together with Chef Thomas Leatherbarrow, provided a top class dinner enjoyed by all those who attended.

Dan Austin, President of Jubilee commented " The hours of planning, the generous donations and the time and care of the local community is something to marvel. "



The Club has also recently funded some new flooring for Clacton Community Theatre, a community based youth group specialising in dancing, singing and drama .





Paul-Fraser Williams

FRINTON -ON-SEA

Greeting from sunny Frinton on Sea!

Following on from our remarkable festive efforts with Santa and his sleigh, I am pleased to report that we have raised over £8,000, which will go to our community projects, from our street and static collections. These annual affairs, along with our Carol Service, really elevate our positive community profile to an even wider audience. I had personally expected a modest outcome from collection efforts, owing to the financial squeeze that many are experiencing of late, BUT we actually managed to break all previous records! As a club, we were staggered by the response, both financially and socially..



Youth

At the Rotary Club of Frinton-On-Sea, we recognise that our children are the future and, as a club, we stand side by side with them in supporting and guiding their journey of discovery and growth. 'Serve to Change Lives' sits right at the heart of our purpose. We are painfully aware that we continue to face challenging times for our youth in our district; worryingly, Tendring is sitting top of the 'in crisis' league table of areas across the county for probable mental health disorders in young people, with anxiety, depression, self-harm or worse.

As a club, under the astute guidance of our Youth Chair, Kevin Smith, we continue to forge ahead in helping to support our local young people. We have seen the youth club in Walton On The Naze grow beyond expectations; attendance has rocketed from barely a dozen up to nigh on 200 per week. In what was once a near empty room, we now accommodate 4 sessions a week, splitting age groups, visiting fitness classes and arranging outbound adventures to Wales, Christmas discos and weekend 'hangout' activities. We have helped in providing a safe place to socialise, enjoy board games, (chess and backgammon are particular favourites), pool, table tennis, musical facilities, badminton, table

FRINTON -ON-SEA (Cont'd)

football, group games and more! This upward momentum is being lauded across our community for the positive impact it is demonstrably having, even beyond the club. These efforts were recognised nationally and received a Coronation Champions award and Community awards for Tendring last September.

We are on a mission to give our young people hope, belief and purpose and it is having a very real positive impact on the community. In supporting a local youth club with funding, leadership and manpower and the children really enjoy the stability, engagement and opportunities that are being afforded to them. In addition, next Easter, 40 of the children will once again head out to the Brecon Beacons for a 5-day residential experience that they will surely remember for the rest of their lives!

We rolled out an after-school club enrichment programme across our local primary schools, that will see 600 primary school children develop their emotional vocabulary, self-esteem, confidence and resilience. Local Headteachers are most pleased with the impact the after-school club provision is having. Several children stepped up to the task of delivering all-school assemblies to share their learning around feelings, emotions, empathy, resilience and the importance of self-care. Our local press has profiled the impact and this initiative will continue to make headlines in the months ahead.



Commu-

nity

At the other end of the age spectrum, we have been working closely with our local Women's Institute, helping to facilitate, transport and host twice monthly tea afternoons (with cake....) for our more mature residents. Numbers are visibly increasing as this facility gains greater traction and awareness and we expect greater attendance as Spring approaches. These social activities sit alongside our wonderful tea afternoons at Frinton Golf Club and are now twice yearly events. Local entertainers perform and there will be tea and stickies in abundance – plus the bar is open.....

FRINTON -ON-SEA (Cont'd)

Over the festive period, we arranged for contact calls and cards, so that they won't feel so alone at that often difficult time. We shall do the same for Easter, with maybe an egg or bunny shaped treat; we work with a local school in this enterprise and this benefits both the elderly and the kids!

For the past 20 plus years, Rotarian PP Michael Chaplin has organised a theatre treats for local elderly folk and the 2023 event was bigger and better than ever. For many, a trip to the theatre provides an opportunity to escape life's daily routine. A live performance can touch the hearts and minds of an audience and we hosted more than 150 elderly residents who enjoyed an afternoon treat at Frinton Summer Theatre, 'The Lady-killers' was the play – fabulous production!!

On a more sobering note, we are sad to witness the alarming increase of male mental health appeals from our community. Christmas and New Year can be a tough time for some folk. We are now working closely with Tendring Wellbeing and Intervention Services based in Thorpe-le-Soken. It's fair to say that for many men, talking about feelings and mental health can feel like a sign of weakness. The truth is, speaking about how you're feeling can be one of the bravest and most powerful things you can do. Finding the right environment, the right pair of ears, the right time or even the right words to say, can all be barriers, which can lead to staying silent. That's why we're on a mission to encourage men to break the silence and start talking. Men's Walk and Talk meeting are now being conducted every Monday the aim of which is to help by listening, sharing and empathising as much as possible, assuring that they need not be alone. There is a helpline facility in place too – sadly, the number of calls now being made and managed is reaching very worrying numbers. We are honoured to be able to support this very necessary service but hearing some of the stories really do make one stop and think how tough can be for far too many people. This will be a priority for this year for Frinton Rotary Club



FRINTON -ON-SEA (Cont'd)

Membership

I am pleased to advise that our membership now stands at 24 Fellows. We have added 4 new members this year but lost 2 members who have departed from the area. My ambition is to obtain 25 members, so we continue to strive for new applicants. We are working with Frinton WI in this regard!

Causes

This year has seen us contribute to the following in our community, district and farther afield: Minibus services for local clubs and trips for the elderly / Walton Food Bank assistance and donation / Lads Need Dads in support of those lads without a father figure / Shelterbox for international aid such as earthquakes and zones of conflict / Frinton Community Centre – help with maintenance requests / McGriogor Hall maintenance / Walton Pre school / Rolph School library (with Clacton and Jubilee) / Sea Cadets / Remembrance wreath laying – Walton and Frinton / Golf Day fund raiser with guests and entertainment / Christmas Carol service giving cheer to the community and raising funds for the church and schools / Joint ventures with Frinton Cricket Club / Frinton Heritage supporting local legacy and history / Reach out to the elderly over Easter With Easter eggs and cards working with St Phil's school kids / Live Music fund raising events at FCC and FGC / Catherine Bullen Foundation sponsoring medical facilities in Namibia / Benin Christian Charity support via Jutland Jug and donation / Environment initiative with local litter clean up heroes – Frombles / Houndsfield School, Edmonton seaside treat / Future Academy, Lebanon.



Gone to Higher Service

We have very sadly had to bid farewell to two of our much loved and respected Honorary Rotarians who passed away recently:

- Gordon Blease, who was with us from 1983
- David Ashton who served Rotary from 1975.

Our thoughts and prayers are with them.

LEIGH-ON-SEA

Southend in Sight

Leigh on Sea Rotary Club was delighted to donate £1,500 to Southend in Sight (formerly Southend Blind Welfare). Club President, Janice Price, said “we have long been aware of the work the charity does for those in the community with visual impairment and are pleased to help in this way”. CEO Lucy Martin, far left in the photo thanked Leigh Rotary and agreed to visit the Club later this year to update members on Southend in Sight’s latest activities.

Ron Price

01702339169



Lucy Martin, left, with members and President of Leigh on Sea Rotary

MANNINGTREE STOUR VALLEY

Rotary Club of Manningtree assists Mistley couple to donate wedding gift monies to End Polio Now!

A few months ago I received an email via our Rotary Club website from someone enquiring how she could donate to Rotary End Polio Now. I quickly replied as we don't often get these enquiries.

It turns out that the lady's name was Rose and she was soon getting married to Malcolm. Both having been married before. Having plenty of toast racks already, the happy couple wanted their wedding guests to donate to End Polio Now instead of giving presents. Rose is a polio survivor herself and uses a wheelchair.



I was delighted to help and so we used our Just Giving account to set up a campaign especially for wedding guests to donate and then produced a flier with all the details for guests to make donations.

It was a lovely wedding! The weather was good and Rose and Malcolm had the lovely day they'll never forget.

When they got back from honeymoon I was pleased to tell them that they had raised £2200.00 which we had donated via Rotary Foundation to End Polio now.

As most Rotarians know, every donation to Rotary is matched 2:1 by the Bill and Melinda Gates Foundation so every pound becomes three! Rose and Malcolm's £2200.00 becomes £6600.00. The current cost of a life-changing polio vaccine is 20 pence so that means 33,000 children around the world can be protected from this horrendous disease.

We invited Rose and Malcolm to our Christmas Meeting and to show our appreciation in some small part presented them with a certificate of appreciation on behalf of the children of the world,

On behalf of Rotary, I say an enormous "Thank You" to Rose and Malcolm.

Terry Dean, President, The Rotary Club of Manningtree Stour Valley.

Postscript: The number of reported wild polio cases in 2023 is 12, being: Afghanistan 6 and Pakistan 6. Current information and latest news follow this link [GPEI – Global Polio Eradication Initiative](#)

RAYLEIGH MILL

Founder's Night is back again



The assembled company get acquainted with friends old and new

After an unfortunate break forced on us by the restrictions of Covid the Rotary Club of Rayleigh Mill was happy to revive the tradition of holding a special meeting to commemorate the first Rotary meeting on February 23rd, 1905, in downtown Chicago.

Paul Harris, a stranger in Chicago, had befriended a local, Bob Frank, who impressed Paul Harris with his knowledge of the local area and his friendship with many of the local business proprietors.

Paul eventually persuaded a number of business associates to consider the idea of forming an organisation where young professionals could meet socially. The first meeting of the business associates Paul Harris, Gustavus Loehr, Silvester Schiele, and Hiram Shorey took place in Loehr's office in downtown Chicago when they decided to formalise the arrangements and form an organisation. That fateful meeting is considered to be the first meeting of the organisation that has grown to be the worldwide organisation of Rotary International.



**President, John Fairweather,
and guests**

In 1998, at the instigation of Rotarian Alan Clark, the Rotary club of Rayleigh Mill invited a number of clubs in their immediate area to join them in commemorating this momentous occasion. In the years since then, until the Covid pandemic, the meeting became a regular annual event, hosted by a number of clubs in rotation, at which the members of the participating clubs were happy to get together to renew old acquaintances, compare notes and enjoy the fellowship of fellow Rotarians.

With the threat of Covid hopefully banished to the past, the members of the Rotary Club of Rayleigh Mill were anxious to revive this popular get-together and, through the auspices of their Social Secretary, Alec Gibb, the club arranged a Founders Night Meeting at Saxon Hall, Southend on Monday 22nd January when District Governor, Dave Willis joined members from Rayleigh Mill, Rochford, Westcliff, Wickford, Manningtree Stour Valley and Hadleigh Castle to enjoy an excellent meal in convivial company and listen to an extremely detailed talk on the history of the Avro Vulcan VX264 and the Vulcan Society.



**Kevin Packard of
the Vulcan Trust**

ROCHFORD

GLYN JARVIS BECOMES A PAUL HARRIS FELLOW

When there is a fifth Monday in the month, the Rotary Club of Rochford does not meet for our usual Monday lunch, as we like to take our partners out in the evening instead.

On Monday 29 January, nearly fifty of us gathered together at Rochford Hundred Golf Club for fellowship, a lovely evening meal and a talk by geologist, Lewis Harvey, grandson of Rochford Rotarian, Alan Harvey OBE, on mining for gold in Kazakhstan. Rotary Club of Rochford Secretary, Keith Holdsworth also gave us a brief history of the Rotary movement and our Founder, Paul Harris.

There was still time for a surprise! Rotarian David Cottis, a Founder Member of the Rotary Club of Rochford in 1985, inducted another Founder Member, Glyn Jarvis as a Paul Harris Fellow. Glyn was praised for his work over the years. He left Rochford to take up a job in financial services in London in 1988 and was made an Honorary Member of the Club for his work as Founder Treasurer, from 1984 to 1988. On his retirement from the City in 2001, he immediately returned to the Club and has been an active member ever since. He Chaired the Community Service & Vocational Services Committee for a number of years and also became the Club's Public Image Officer.

In response to David's induction speech, Glyn, apart from being somewhat taken aback, said how honoured and privileged he felt to be joining the other 12 Rochford Rotarians, who were also Paul Harris Fellows.



Glyn is pictured with Rochford President, Rotarian, Craig Reynolds, left, with his Award.

SHENFIELD AND DISTRICT

TABLE TOP SALE IN AID OF YOUNG LIVES VS. CANCER



SHENFIELD & DISTRICT ROTARY



TABLE TOP SALE

Unwanted goods, craft tables, jumble,

Saturday, 16th March 2024

10.30 a.m.—12.30 p.m.



**St.Peter's Church, Hutton,
Claughton Way, CM13 1JS**

Sellers' Tables £5 (To book: 07798687046)

Free Entry for buyers

Teas, Coffee and Cake and more!

STORT VALLEY

Helping Herts delivers almost £300,000 boost to twelve children's charities

On Friday January 19 2024, Helping Herts, the official charity of Stort Valley Rotary, celebrated a significant milestone with the official handover of cheques, totalling nearly £300,000, to their 12 charity partners.

The University of Hertfordshire served as the backdrop for the momentous occasion, where Gordon Morrison and Jim Tatchell, founders of Helping Herts, alongside Professor Quintin McKellar CBE, Vice-Chancellor and Chief Executive of the University of Hertfordshire, presented the cheques, demonstrating the organisation's unwavering commitment to supporting the well-being of children in Hertfordshire.

At the ceremony, former Chair of Hertfordshire County Council and High Sheriff-elect Annie Brewster spoke about her support for Helping Herts, and her anticipation of working even more closely together as she assumes the role of High Sheriff, with a particular focus on sport, exercise and the outdoors.

The funds, a culmination of a series of impactful events and initiatives throughout 2023, were distributed among the 12 charities during the official cheque handover ceremony.

The benefiting charities included: Grove Cottage, Mind Network Hertfordshire, Home Start Hertfordshire, Herts Young Homeless, The Ollie Foundation, The Phoenix Group, Playskill, Coram Life Education, NSPCC, CHEX, Keech Hospice Care and For Baby's Sake.

Louis Breese, Fundraising and Engagement Manager from Herts Mind Network said: "I want to say a massive thank you to Helping Herts. Being involved with the campaign is massive for our children and young people services. In 2023 the funding we've received from Helping Herts has not only enabled us to see more children – we saw 5,500 last year, but it's also enabled us to broaden our services and support those children in a wider variety of ways, so thank you so much!"

STORT VALLEY (Cont'd)

Since its establishment in 2021, Helping Herts has been unwavering in its dedication to supporting the efforts of charities in Hertfordshire. The 2023 campaign, with a focus on Children's Welfare, has successfully raised substantial funds for the cause. Moving into 2024, Helping Herts is pleased to welcome Space Hertfordshire, who work across Hertfordshire to empower and support neurodivergent children, young people and their families.

Gordon Morrison expressed his heartfelt gratitude, stating, "Thank you to everyone who supported our events and helped raise funds for these amazing charities. We are incredibly proud of what we've achieved so far and look forward to building on that this year."

Co-founder Jim Tatchell said: "Many charities have seen their demand for services increase over the past couple of years - we hope that these funds will help to bridge this gap. Look out for details of more fundraising events and activities to get involved in during 2024 and help us continue to support the work of these incredible charities."

As Helping Herts gears up for another year of impactful initiatives and events, keep informed by visiting the official Facebook page: <https://www.facebook.com/helpingherts/>



About Helping Herts:

Helping Herts, established in 2021, is the official charity for Stort Valley Rotary. Dedicated to celebrating the outstanding work of charities in Hertfordshire, Helping Herts provides support to ensure a positive impact in local communities.

STORT VALLEY (Cont'd)

Join Helping Herts' February Challenge: 12 miles, 12 charities

Lace up your walking boots this February and take on Helping Herts' 12 miles for 12 charities challenge – walk 12 miles to support twelve* remarkable children's charities in Herts.

This challenge is not your ordinary stroll; it's a meaningful 12-mile journey undertaken at your own pace, whenever it suits you throughout February. Beyond the physical activity, this initiative is about making a difference and creating a positive impact in the lives of children who need our support.

Walking is not only an excellent form of exercise, but it's also an opportunity to clear your mind, connect with nature, and support a good cause. By participating in the 12 Miles for 12 Charities challenge, you're not only improving your health but also bringing crucial support to children across Hertfordshire.

Gordon Morrison, Founder of Helping Herts, said: "This challenge is more than just a walk; it's a collective effort to create positive change in the lives of children in Hertfordshire. Each step contributes to a meaningful difference."



Getting involved is easy. Simply sign up at www.helpingherts.com, create your fundraising page, and start planning your walk. Whether you prefer a brisk morning walk, a leisurely weekend stroll, or even a run, every step counts. You can choose to go solo or make it a group activity with friends, family, or colleagues.

L to R: Jim Tatchell, Helping Herts Co Founder; Gordon Morrison, Stort Valley Rotary President and Co Founder of Helping Herts, and Alistair Hill, Helping Herts Supporter, and his dog!

Share your walking journey on social media to inspire others and garner additional support. Every photo, every mile, and every donation contribute to making a significant impact.

For more information and to sign up, visit : <https://www.helpingherts.com/2024/01/09/february-challenge-12-miles-for-12-charities/>

The twelve charities Helping Herts support includes: Grove Cottage, Mind Network Hertfordshire, Home Start Hertfordshire, Herts Young Homeless, The Ollie Foundation, The Phoenix Group, Playskill, Coram Life Education, CHEX, Keech Hospice Care, Space Hertfordshire and For Baby's Sake.

WESTCLIFF-ON-SEA

FOOD QUIZ

night

**£15 PER HEAD
ENTRY FEE**

Entry
includes
Fish,
Chicken or
Veggie and
chips



**BRING YOUR
OWN
DRINKS AND
NIBBLES**

**Darlinghurst Academy
Pavilion Dr, Leigh-on-Sea,
Southend-on-Sea,
SS9 3JS**

**9TH MARCH 2023
FROM 6.30 PM FOR A 7PM
START**



WESTCLIFF ROTARY



ROTARY KIDSOUT

Rotary KidsOut - how did we do in 2023 ??

Rotary Christmas Toy Box initiative 2023 'Every Refuge, Every Child' A HUGE 'Thank You' to ALL involved in our great partnership with KidsOut. We can confirm that Rotary Club donations and sponsorship raised £77,713, resulting in 3,108 individual Rotary Christmas Toy boxes being delivered to children residing in a Domestic Violence Refuge at Christmas. A FANTASTIC RESULT!

Thanks to every club that helped give children a better Christmas. To Rotary volunteers who gave over 500 hours of 'service' & contributed & helped pack the 'Toy Boxes' at KidsOut's Luton warehouse". THANKS To every club , every Santa and all the Helpers , whatever you did to give children a better Christmas.

2024 Update - We are now Looking Forward to:
[National Rotary KidsOut Day \(NRKD\) 12 June 2024 – our annual event.](#) "In 2023, over 21,000 children enjoyed a National Rotary KidsOut Day (NRKD)"



The Kids Out (Rotary) target for 2024 – is to involve 25,000 children in a NRKD Event'. If you haven't participated in previous years, our aim to take disadvantaged children for a special Day Out. It is not an onerous task at all, and you can always contact your local Kids Out Ambassador for help. Your Kids Out Day event can be as small or as large as you would like it to be, i.e. a picnic in the park, a day at the Zoo, or Seaside, Adventure Island,

KidsOut are pleased to announce that again as per 2023 a £10 subsidy per child can be claimed by Rotary Clubs and paid automatically via BACS no later than two weeks before the event date. However, please note that this subsidy will only apply to NRKD Events taking place up to and including 30 June 2024. Sorry – again Rotary KidsOut 'Baseball' Caps will NOT be available. Registration Link is : [National Rotary KidsOut Days - KidsOut](#)

Registration Receipt: Please be aware that immediately after any registration is submitted via the link above, a receipt email is issued/sent confirming the/your registration details, this receipt may go to your Junk/Spam folder. Be sure to check. **WHO ELSE TO CONTACT ?** : Other than as stated above, YOUR District Rotary KidsOut Ambassador is Pam Watson Jones pwj02@aol.com 07974 386077

UK—AID UKRAINE APPEAL

Thorpe Bay Rotary has been collecting clothes for some months, for Wrap Up Essex, with the last batch donated to UK-Aid destined for Ukraine.

Their next consignment of aid leaves the UK and presently is being loaded on a 40 foot lorry, to leave in March for Ukraine with clothing, medical aids, toiletries and food, all items are boxed and weighed. They have a list of what is desperately needed. However, this is some of the main list :-

- Women's and children's new underwear
- Ladies Sanitary towels
- Shampoo, conditioner, deodorant, shower gel
- Toothbrushes, toothpaste
- Nappies, baby wipes
- New Towels
- (Please do not donate clothes - UK-Aid can not take these as clothes are not currently needed)
- Cleaning items

They are also desperate for more food, which is strapped onto pallets,

Can your Rotary Club help with food or money, it costs £450 for a pallet of food.

Written on behalf of UK Aid, Great Dunmow, Tel 01371 238941

By Pam Watson Jones , President Rotary Club Thorpe Bay

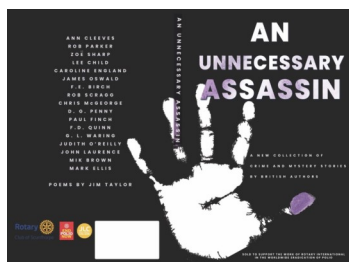
Pwj02@aol.com 07974 386077



PENS AGAINST POLIO

Pens Against Polio - An Unnecessary Assassin

This new anthology of crime fiction by British authors is raising funds for polio eradication.



Lorraine Stevens had the motive and the means. All she needed were accomplices in her plot: publishing a collection of original crime fiction to raise money for the fight to end polio. Among the book's highlights are stories by Ann Cleeves and Lee Child. Cleeves' contribution, "The Habit of Silence," is a detective story set in a distinguished library. In Child's "Safe Enough," a contractor working on a suburban lot begins stalking the lot's previous owner. Child interweaves his menacing tale with a critique of economic policies that hurt the working class.

Purchase book on Amazon

MARY'S MEALS UPDATE

Foreign Coins

Foreign coins (and paper money) collected during 2023 raised over £40,000 for Mary's Meals. If you have any leftover currency or old British coins please bring them along to the District Forum on the 21st February. A bucket will be waiting.

Support a School

You or your Club can now support a school supplying Mary's Meals. It costs:

A small school from £5,000 per year A medium school from £10,000 per year

And a larger school from £15,000 per year.

Alternatively, you could opt to **Share a School**, and join with other funders to sponsor an entire school by covering the cost of 100 children for £1,915 per year.

We are still collecting clothes for the Mary's Meals **Rags to Riches** project. Please bring clothes to any Forum meeting when they will be sent for recycling.

ENVIRONMENT BULLETIN

Wilderness Foundation Events

Our first District 1240 action to support the Wilderness Foundation will be on 8th and 15th March (Fridays) from 10.30am to 3.30 pm and we hope as many of you as possible will turn out to help.

The activities on offer are:

- *Removal of tree guards from plantation field*
- *Planting up Medicinal Garden*
- *Helping build the new invertebrate habitats to replace current raised beds.*
- *Remake bug hotels*

You can sign up for stints of one hour, two hours, three hours, or the whole day if you like, and choose your preferred activity. There will be jobs for people of varying fitness abilities. Coffee/tea/squash will be available. If you want to stay all day or over lunchtime, please bring a packed lunch.

They would like to know how many Rotarians (and friends/family) they are expecting throughout the day. We do hope you can be there at least for a couple of hours to support their programme of harnessing the power of the wilderness to transform vulnerable lives and conserving nature.

Please register your interest ASAP on cognito (see below)

In the meantime, Braintree Rivers Rotary will be going there to do preparatory work on February 16th by preparing the soil in the raised beds ready for us to plant up. *Jenny Versey* - verseyjennifer@gmail.com

Location of Wilderness Foundation: 2 Whitbread's Farm Lane, Chelmsford, Essex CM3 3FE- halfway between Braintree and Chelmsford—entrance off the A131.

Booking: <https://www.cognitoforms.com/rotarydistrict1240/rotaryd1240andthewildernessfoundationworkpartydates/entries> .

If you require assistance contact Paul Satti: paul_satti@hotmail.com
To find out more about the Wilderness Foundation, see: <https://wildernessfoundation.org.uk>



WILDERNESS FOUNDATION UK

WILD TALKS

Join us for a series of evening talks, open to all.

From tales of Hatfield Forest to bringing beavers back to Essex's rivers, discover the wild near you!



Tuesday 13 February 2024 7:30pm
The (un)natural history of rivers with Essex Wildlife Trust's Darren Tansley



Friday 13 September 2024 7:30pm
Hatfield Forest: tales of wildlife & history

Arrival: 7:30pm for an 8:00pm start. **Finish:** approx. 10pm

Hot beverages will be available.
Suggested donation: £5 to Wilderness Foundation
(charity no. 1118493)



Book now to reserve your space



Essex Young Farmers Barn, Chatham Green CM3 3FE

➔ **Info and bookings at: www.trybooking.com/uk/CXOC**

SPOON CARVING WORKSHOP

Saturday, Feb 17
10:00-16:00

Learn the heritage craft
of wooden spoon
carving in support of
outdoor education in
your community!

SIGN UP NOW!

 bit.ly/WildernessUK

WILDERNESS
FOUNDATION UK



FOUNDATION

Rotary
District 1240



***Join us for the District 1240
Annual Foundation Lunch***



at
"Channels"
Little Waltham, Chelmsford CM3 3PT
Sun 17 March 2024—12:00 noon for 1:00pm

Guest speakers:

Aidan O'Leary

Director for Polio at the World Health Organisation

plus

This year's Rotary 1240 Global Scholars

Tickets £35.00

online from Ticket Tailor

<https://buytickets.atrotarydistrict1240/1080361>

Or use QR code



Lunch Menu

Starter

Trio of Melon with Strawberries & Raspberry Coulis

Main

Roast Leg of Lamb, Roast Potatoes, Rosemary Sauce
Butternut Squash, Pear en Croute, Gorgonzola cream sauce (v)
Main courses served with a choice of seasonal vegetables

Dessert

Lemon Meringue Pie, Candied Lemon Zest, Lemon Drizzle, Fresh Mint
Fresh Fruit Salad or Ice Cream

DISTRICT CONFERENCE 2024

Registration fee: £35pp for bookings up to 29 February 2024, £50pp thereafter

District 1240/1080 Conference 2024

This year we have some top class, inspiring speakers and entertainment including...



**Lucy
Lewis**

LIGHTING THE FUSE

First woman to operate as
a Bomb Disposal Officer
with the Royal Engineers



**Sally
Searle**

Empowering and
inspiring children in
Bombolulu through
education

Gala Dinner then dancing to The Zoots,
a multi award-winning band who have
played over 1000 shows and toured
over 35 countries

Rotary



**FRIDAY 11 TO
SUNDAY 13 OCTOBER**



**Bob
Maskall**

My Vision for Rotary
GB&I Future

Whittlebury Park, Whittlebury, Northamptonshire NN12 8QH



Book your attendance at: rotaryeastconference2024.co.uk

An important reminder—

Don't forget that the Registration Fee for this year's Conference is £35 per person. However, after the 29th February the Registration Fee will be £50 per person.



Publication criteria for submissions to the 1240 District Bulletin—2024

1. Please send your articles as a Word document, **NOT** as a pdf, or a PowerPoint presentation, or a jpeg. Do not embed photos in your written article.
2. Please include a title for the article.
3. Include separate good quality photographs, (jpegs please), with captions and/or full names.
4. If you're submitting for the first time, please include a head shot of the author to accompany the article (or a photo that could be cropped).
5. Please include the name of your club in your email.
6. **Please try to keep your article to no more than two A4 pages.**
7. Please be aware of date-sensitive items. The DB will normally be sent out in the middle of each month (15th/16th).
8. Make sure you provide a full name for everyone who is mentioned in the article (not just a first name).
9. The deadline (not the target!) for submissions is the 12th of each month, although "as soon as possible" is always preferred.

Many thanks - Editor (gloriabn@live.co.uk)