

# Rotary District 1240 Bulletin

March 2024—District Governor David Willis

“CREATE HOPE in the WORLD”

From District Governor David Willis



Wow, don't the months roll by quickly when you are having fun. The District Governor's role is truly one of the best things I have had the privilege of undertaking in Rotary and thank you to all of you that have made it so enjoyable.

I want to start this month by congratulating our District Youth teams for all they do to bring the competitions to fruition. I have really enjoyed attending the finals of the Young Chef and the Young Musician recently and I am in awe of the competitors in both competitions.

The young chefs showed a level of calm in the kitchen I know I would not have been able to achieve under pressure and produced some amazing food. Our thanks have to go to Daniel Chandler from Harlow Tye who took on organising the competition this year for the first time and gave the students a day to remember.

Similarly, my thanks go to Peter Dowse, Steve Walbank and their team for organising the Young Musician Final at Brentwood Cathedral and what an incredible morning of music we were treated to. The variety and quality of singing and music was outstanding and I am just glad I didn't have to be a judge.

It was disappointing that we didn't get more entries for the Youth Debates, but at least we have two candidates that went through to the Regional Final and again a big thank you goes to John Versey for all the work he did.

If any of you would like to be part of Peter Dowse's youth team I am sure he would be grateful for the help and I truly think you would find it rewarding when you see the pride on the faces of the parents of the competitors.



Thank you to everyone who attended the Kick Off meeting for the Rotary Day of Service and I hope you are all thinking about what project you would like to involve your community in that week. It doesn't have to be on the 18th May, so if you already have something planned close to that day do register it on the website. Home - Rotary Day of Service District 1240 ([dayofservice1240.co.uk](http://dayofservice1240.co.uk))

And don't forget this is not just for Rotarians, so contact as many local community groups as you can to come out and work with you on your project. The impact we can make when we all work together is epic. You never know you might even get some new members.

If you have raised some money for Foundation or End Polio Now this year, please do get it in sooner rather than later so we have some idea of what our district has contributed, it also makes for a very happy Foundation Team Leader.

Clubs in our district have supported some amazing projects at home and abroad this year and your Rotary Foundation has provided a lot of that money through your generosity.

I was delighted that we could join in with a multi-district global grant project to provide a mobile women's cancer screening bus in India. With seven districts joining forces, we were able to quickly raise enough funds to apply for the grant and I am happy to say that it has now been approved by RI and will go ahead.

Finally if you are a president elect and you haven't yet registered for the Club leadership training event at Wyboston Lakes on Saturday the 6th of April, please do consider attending. It is always an interesting day where you will have the opportunity to network with other President elect's from three different Districts. Even if you have been President before, I guarantee you will come away with something to help you in your role and have an enjoyable day with like minded people. It is also a great way to get to know your District Governor Elect, Anne Moriarty, as you start the journey together.

Happy Easter!

Yours in Rotary

*David Willis*

District 1240 District Governor





Danny Lovey

## BASILDON CONCORD

### A "BIG HUG" FOR OUR UKRAINIAN FRIENDS

Members of our Club, joined the Basildon Borough Twinning Committee team, for "THE BIG HUG" to show our Ukrainian friends and their supporters that two years on from the invasion of their country, the people of Basildon are still united in our friendship with them.

The event was held at Mother's Kitchen, in Felmores, Basildon with the kind permission and help of the owners Osman and Mustafa, who also supplied a buffet and drinks (and are also members of our Concord Club)



Also attending the event with our Ukrainian friends, were MP Stephen Metcalfe, Basildon Deputy Mayor, Yetunde Adeshile - some prominent local people, including several Basildon Councillors, and also some residents of Felmores.





Margaret Webb

## **BISHOPS STORTFORD**

### **Winter Night Shelter**

We had an excellent speaker in March – Dave Perry of the Holy Trinity Winter Night Shelter, who made a repeat visit to us, having been before some years ago. In the interim the Night Shelter and the facilities it can offer to the homeless have increased considerably. It does a remarkable and much needed job for our local community, and Dave had a lot of ‘happy ending’ stories to tell us. This is one of the charities that the Club supports financially.

### **Cards Evening**

On Saturday 24th February, we made our annual visit to the barn in the grounds of Past Rotarian Frank Bengtsen’s home, which he and his wife, Fiona, kindly let us use for a Cards Evening, with a lovely supper in the interval. The card game we play is Chinese Rummy, so not too taxing on the brain, but great fun for all concerned and, as one couple moves from each table at the end of each game, it gives us a chance to mix with lots of different friends during the course of the evening.

### **Rotary Young Chef Competition**

Our Club has always placed great emphasis on Rotary Youth Competitions, and we have two reasons to be very proud of our local young people, as our entrants in two competitions have won their way through to the Regional (Cluster) Finals. Rosie Johnston, from St Mary’s Catholic School, won the District 1240 Young Chef Final on 17th February at Harlow College. Each competitor had to produce a healthy two course meal for two for £18 and Rosie calmly and efficiently produced a meal of a very high standard. Rosie made her own pasta for the Prawn and Salmon Spinach Ravioli and created an unusual and absolutely delicious Chocolate and Avocado Mousse. She was congratulated on the wide range of skills that she demonstrated. Rosie, who attends St Mary’s Catholic School, will now represent the District in the Regional Final to be held at Newbury College, Berkshire.

## BISHOPS STORTFORD (Cont'd)

### Rotary Young Musician Competition

Then on March 2nd, at Brentwood Cathedral, clarinettist Fred Blackshaw, from Bishop's Stortford College, won the instrumental prize at the District 1240 Young Musician Final. He played Fantasiestykker by Gade and Homage to Manuel de Falla by Béla Kovács. He will now represent the District in the Regional (Cluster) Final at Sir John Innes Centre in Norwich.



Fred Blackshaw at Brentwood Cathedral on 2nd March



Rosie Johnston with her meal displayed at Harlow College on 17th February

# BRENTWOOD

## Friends of Rotary – vote of thanks

On the 20th February 2024 we had a special evening at the Marygreen Manor and gave thanks to our Friends of Rotary. The evening was informal, with a buffet supper and a short presentation to share what we had achieved with Christmas this year. Over 10 of “our friends” attended and we hope that they all had a good evening.

## Peter Franklin

Last month we shared the sad news that Peter had died after a period of illness. His funeral took place in Brentwood on the 7th March 2024 and not surprisingly was extremely well attended by family, friends and Fellow Rotarians. After the funeral we were invited to Old Brantwood's where we shared a toast in Peter's name.

## Ukraine

The Rotary Club of Brentwood continue to support local residents who have come from Ukraine to find sanctuary. We have recently put a bid into the council for money to support this group of people which includes setting up a monthly hub where people can meet, a hardship fund and a talent fund for young people. Our bid was successful and we now hold £25000 for this purpose which we will spend by March 2025.

As well as supporting Ukrainians here in the UK we also are supporting aid abroad. This month, 2 years on from the beginning of the war we will be dedicating funds raised at our March quiz to support Ukrainians “at home”. If you want to join us the Quiz is on the 22nd March 2024 7.30 p.m. for 8.00 p.m. Please encourage friends and relatives to have a team and have a great evening, whilst doing something for a great cause. Details visit our website: The Ukraine Rotary Virtual Quiz - [Rotary Club of Brentwood \(rotary-ribi.org\)](https://rotary-ribi.org)

## Golf Day

Another of our great annual events is the Thorndon Park Charity Golf Day. This year it will be held on Monday, 13th May 2024 from 09:00 a.m. - 5 p.m. The entry fee for a 4-ball team is £380.00 which includes green fees, a coffee and bacon sandwich on arrival, halfway house juices, and a rolling buffet lunch followed by coffee on completion of play. Monies raised will be distributed to local charities including Saint Francis Hospice, Little Havens Hospice and SNAP. If you are interested in joining us please go to our website and book your places. Brentwood Rotary Charity Golf Day - [Brentwood Rotary Charity Golf Day - Rotary Club of Brentwood \(rotary-ribi.org\)](https://rotary-ribi.org)

# BRENTWOOD



## THE ROTARY CLUB OF BRENTWOOD CHARITY GOLF DAY

All proceeds in aid of local charities

**Entertain Clients & Friends**

**When:** Monday 13 May 2024

**Where:** Thorndon Park Golf Club, CM13 3RH

**Time:** 9am - 5pm

Thorndon Park Golf is an excellent parkland golf course  
and is No.1 in Essex, and in the top 100 courses in  
England.

[www.rotary-ribi.org](http://www.rotary-ribi.org)

# CHELMSFORD PHOENIX

## Helping Distant Partners

It is now 2 years since the club decided to 'risk' a few £s with 'Lendwithcare'. The thought came about from reading about the scheme in the regular Rotary Magazine. We felt that our relatively small cash balance could be put to better use than sitting in a bank account earning no interest.

Initially we 'tested' the water with a sum of £200 but soon increased that to £500. With that we have supported six entrepreneurs in Vietnam, Philippines, Rwanda and Ecuador. Two of the loans have now been fully repaid as planned and a third is due to be settled in the next few weeks. Of the 2 loans that have been repaid we experienced small exchange rate losses but that seemed a small price to pay for helping families improve their lot. As monthly repayments come in we just wait until we have enough to make a new worthwhile loan.



The scheme is operated by Care International so there is a vetting process before our few £s go to individual loanees. The Club has chosen to make a small donation to Care International each year to support some of the costs of the scheme but that is voluntary. The 'Lendwithcare' website shows that quite a few Rotary clubs participate but maybe there is room for others; small sums (from us) really can help others hugely. Details can be found by simply googling 'Lendwithcare' and the scheme is very easy to operate. Rob Peters, at Phoenix, would be happy to speak to anyone considering it.

## Chelmsford Presidents' 5<sup>th</sup> Thursday Dinner

On Thursday 29 February, eleven of our members attended the 5<sup>th</sup> Thursday Dinner at Little Channels. Organised by Rotary Clubs of Chelmsford and Chelmer Bridge, this was a splendid occasion of Clubs meeting together and enjoying fellowship, together with an excellent talk by Steve Lester entitled 'It's A Wrap' about his experiences in the acting profession. The food was very good and a good evening was had by all.



*Some of the Chelmsford Phoenix members who attended the 5<sup>th</sup> Thursday Dinner (Jan Penn, Mary Partis, Mike and Janet Littlewood, Rob Peters, Michelle Kirk, Linda Knights)*

We continue to have a mix of social and speaker meetings. Last Thursday Lindsay Hurrell from The Tom Bowdidge Youth Cancer Foundation spoke to us about Tom's fight against cancer and the charity which has been set up in his memory.

This week we have a social at City Bowl where we have 9 members playing 10 pin bowling.

# CLACTON-ON-SEA

## Helping a local enterprise to grow

2024 marks the 10th anniversary of the creation of Sailship, a charity based in Clacton-on-Sea that offers work and life skills training for people living with a learning disability but also provides therapeutic pathways for improved mental health and well-being for the wider community.

Established by Elizabeth Barritt, Sailship is based on what was disused land owned by a local Allotment Trust and now provides a wide range of learning opportunities. These include creating their own ranges of Jams, Jellies, Chutneys and Pickle preserves which are sold via their on-site shop and at markets/fairs etc.

Produce used to make the preserves is sown, grown, and harvested at Sailship and affords people the opportunity to create, make and sell the preserves, as well as participating in the packaging of the products. In addition, they also learn about health & safety and food hygiene in the kitchen along with stock management and retail distribution.



The Rotary Club of Clacton-on-Sea was delighted to support Sailship by funding the provision of additional fruit trees that will bolster their Enterprise. On Tuesday 5th March, members of the club went along to help with the planting of the new trees.

## CLACTON-ON-SEA (Cont'd)

### **Headway Essex** by Sarah Wilson

Headway Essex is an independent charity, which provides support to people living with acquired brain injury and their families living in Essex. It supports around 500 people a year across Essex, in the community and at its day centres.

Its mission is to ensure that everyone in Essex living with acquired brain injury can live a fulfilling life and families and carers are better able to cope within their caring roles.

They have two-day centres in Colchester & Benfleet, offering a specialist person-centred approach to rehabilitate, educate, inform, and support each client with their own person recovery journey.

Headway provides in the community, emotional and practical support to address health and social issues faced by their clients and their families, as a result of brain injury: visiting clients in hospital, in their homes, providing telephone support, and support meetings across Essex.

Sarah spoke about " Cat's story", a lady who suffered a serious brain injury when she was cycling home and hit by a car. She spent weeks in hospital and several months in rehabilitation before returning to her family. They had previously lived on a houseboat but had to find more suitable accommodation some distance away from the friends they had made in that community. Although she looked very much the same person, her brain injuries seriously changed her life and personality and she had to rebuild her relationship with her partner and son. The hardest part is still to come as she tries to find her place in the family and in the world. Fortunately, Headway is there to support her.



President Brian thanked Sarah for her very moving presentation and presented Headway with a cheque for £250.

## COLCHESTER

### Valentine's Day Afternoon

A small group of Rotarian thespians supported by Rotary friends had great fun entertaining the residents of The Oaks Care Home in Colchester on Valentine's Day.

The events team at the Home had organised a special 'Afternoon Tea' with Bucks Fizz. Knowing that none of the Residents would be able to go to the theatre, we brought the theatre to them in the guise of a medley of songs from various musicals. West Side Story, Oklahoma, Sound of Music, Oliver, Evita, South Pacific, the King and I and My Fair Lady were the sources for the singers.

We were graced with the presence of the Mayor of Colchester, John Jowers and his wife Susan, and residents and Rotarians alike had a lovely afternoon. Perhaps a slightly different use of our talents in an act of service to the community.

*Pat Prestney*



### End Polio Now campaign

Some of us went into schools to cover 'Purple Pinkie Days'. For some, especially those that Ian has had a long term relationship with managed non uniform days, Martin's school used the crocuses we gave them to do a fundraiser when the children took them home, planted them up and brought them back into school to sell. My two schools still need persuading to do fund raisers as they have their own charities they support, but I work on the principal that education is as important as the money and I manage to do one assembly, dressed from head to toe in pink ( Hmm..interesting!!) and explained it, mentioning in passing that the actual day was Feb 23rd, but because they wouldn't be in school then I was talking about it now.

## COLCHESTER (Cont'd)

Now the point of all this is that we never really know the impact our words can have. Driving my 6 year old granddaughter home on the evening of 22nd February – she suddenly said – ‘Its Purple Pinkie day tomorrow, Grandma!’ I hadn’t even realised what day we were at let alone thought about Purple Pinkie Day.

The next day I received these photos. She had done her best to explain to her 3 year old brothers what it was all about, had made sure she had pink clothes on for the day and got them crafting pink hands to make posters! I thought you might like to smile along with me... Perhaps we have a budding Rotarian there??



*Pat Prestney*

## SNAP Children's Charity

The Rotary Club of Colchester has been collecting clothes, bags and other items for SNAP children's Charity. Ann Holmes is pictured handing the collections over to the charity this week.

SNAP CHILDREN'S CHARITY Colchester Children's Charity provides financial help for children with special needs and disabilities in the Colchester and Tendring areas (CO postal address). Grants can be awarded to buy equipment or fund sensory assessments, counselling or respite breaks for example. The grants are funded by two charity shops in Colchester. This Charity has donated £500 for the Rotary Children's Fun Day so as a thank you we, as a club decided to collect items for the charity.



## COLCHESTER (Cont'd)

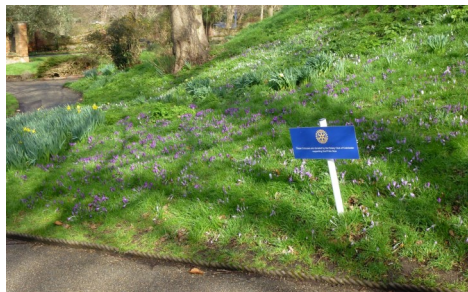
### COLCHESTER SCHOOLCHILDREN RAISING FUNDS TO HELP ROTARY END POLIO NOW

Generous youngsters at six different primary schools in Colchester have raised over £1,400 towards Rotary's End Polio Now fund. This amount will be double-matched by the Bill and Melinda Gates Foundation.

The youngsters raised the money by their contributions on their Purple Pinkie Day; when children are immunised against polio they receive a dab of purple dye on their "pinkie" (little finger). The local youngsters had a non-uniform day when they came in purple outfits.



The photo shows youngsters at St. James Primary School, with their prize-winning finger puppets and teddy bears.



Meanwhile, the purple crocuses planted by the Rotary Club of Colchester in the Castle Park can be seen flourishing.

*Ian McMeekan*

## COLCHESTER FORUM

### Food for Thought and Forum...

We love being part of the Jamie's Ministry of Food Family! It was great to swap ideas with other teams from across the UK at Jamie Oliver HQ recently. We chatted to the 'main man' about his inspirational course which has been teaching people how to cook simple, nutritious meals from scratch for an amazing 15 years. Forum is now on week three of our latest course for young carers in Colchester and the team are having great fun, as usual. We've been running our sessions with these amazing young people in Essex for 11+ years and we love every minute (even the washing up!).



***Pictures show the nationwide team with Jamie at his HQ (including our own Irene Kettle) and also the Forum group who attended the latest session to teach Colchester young carers cooking skills. This amazing project is the jewel in our crown and goes from strength to strength in its work.***

COLCHESTER FORUM



FORUM ROTARY CLUB OF COLCHESTER

PRESENTS

# OLD TIME MUSIC HALL

In Aid of  
East Anglia's Children's Hospices



25TH MAY 2024 | 7.30PM

STANWAY VILLAGE HALL  
VILLA ROAD, COLCHESTER, CO3 0RH

RAFFLE | PERIOD DRESS OPTIONAL

Tickets **£10.00**

/RotaryClubofColchesterForum

[www.colchesterforum.co.uk](http://www.colchesterforum.co.uk)



# Rotary Day of Service

## YARRA FARM OPEN DAY

SATURDAY 18TH MAY 10.00AM - 4.00PM



Yarra Farm is a 15 acres site at Stanway Green which provides day support for adults with special needs. Saturday 18th May is International Rotary Service Day. Rotarians from 5 clubs in the area will be volunteering at Yarra Farm - digging, weeding and odd bits of repair and maintenance. If you would like to help out or simply know more about Yarra Farm (or thinking about becoming a volunteer) or Rotary please come along - we'd love to see you!

**YARRA FARM, HEATH ROAD, STANWAY GREEN, CO3 0RA**  
[yarraservices.co.uk](http://yarraservices.co.uk)

Parking is limited so if you can please walk, cycle or car share. Thank you!



## HAVERING

### Junior School Quiz

Havering Rotary Club runs a Primary School Quiz every year. All the 16 schools that entered this year were put into a draw. The winner being awarded a cheque for £250 to be put to good use in their school. In the photo is Rotarian Sheila Barnett presenting David Kendrick=White from St.Edwards Primary School, with the winning cheque at the last quiz of the first round, which took place in Parklands School. Now we have eight schools heading to the semi-final.



After several rounds we end up with two schools in the final and then the final school/winners. The quiz's are totally organised and run by members from our Club. We have been running this competition for five years. The winning school receives a certificate and the pupils of the winning team all receive a gift token.

### Paul Harris Fellows



Havering Rotary Club's President, Rupri Grewal, looks on as Rotarian and Treasurer, Howard Tidd, presents a Paul Harris Fellowship award to Bruce Anderson in recognition of his 50 years of service to Rotary all over the country, and in particular, for his dedication and keeping our much loved Christmas sleigh (our biggest fundraiser) running every year.

Having received his PHF award at Havering Rotary Club, Bruce Anderson presents fellow Rotarian George Hagger with his award, while his carer and fellow Rotarian, Christine Birch, looks on. The award was to celebrate George's commitment and contribution to the Club over the past 50 years. George had recently been unwell, and receiving this award made him feel very special and proud.

They are both very worthwhile recipients.



## HORNCHURCH AND UPMINSTER

### Strive

On Thursday 7th. March 2024 we were delighted to welcome the 3 founder members of THE STRIVE FOUNDATION who explained how the charity was formed and the aims of the foundation. Tariq, better known as Terry, Nikita a practising lawyer and Mutel a past President of the Hornchurch and Upminster Rotary had been discussing the challenges faced by the elderly, when coping with modern technology, and the younger members of society who could manage the new technology but struggled with many of the skills and knowledge that the older generation have. Basically the answer to the problems we all face is to get as many different strands of society together to talk. By sharing our concerns and seeking the help of one another we can all gain knowledge and Knowledge is the Key to solving these problems.



We wish the Foundation the greatest of success and as Rotarians we hope to be able work with the organisation and help them to grow.

### The O2 Dome Challenge

Congratulations to Gerry Harrington and Jim Haines for braving the elements and conquering any doubts they may have had about climbing over the Dome of the O2 on Saturday the 2<sup>nd</sup>. March 2024.

They took part in the London Ambulance Charity walk over the dome and raised an impressive amount of money for the medics and volunteers at London Ambulance Service, The Charity supports staff at London Ambulance Service by funding financial hardship support, and helps save more lives by training communities in life-saving CPR skills.



They started the 90minute walk at 12midday, watched and encouraged by some of our club and family members, and although they found it hard going at times they said it was an unforgettable experience and well worth the effort because they would be helping the fantastic ambulance crews, call handlers and volunteers who work tirelessly round the clock to save lives.

At the time of writing, Jim has raised just under £900 and once it is added to Gerry's contribution they will have raised well over a thousand pounds.

To quote Jim, 'Not bad for a 70 year old and an 82 year old'.

*George Larkey*



## LEIGH-ON-SEA

### Frugal Lunch for Mary's Meals

Mary's Meals is our favourite International charity and in February we had a soup and roll lunch at Belfairs Golf Club to raise funds for this wonderful charity. Four of our members made the soup and this, together with rolls and homemade shortbread ensured we were all well fed. Gloria Nichols, the 1240 liaison for Mary's Meals, joined us and updated us on the latest activities.

We raised £290 for the charity. Thanks to all who attended and those who made the soup.

*Ron Price*

### Gold Geese

We had a truly inspiring speaker at our recent evening meeting. Katie Southgate, pictured here with our President Janice, is founder and CEO of Gold Geese. This is a local charity in Leigh on Sea that helps children with cancer and their families survive their ordeal by offering practical and emotional help. We were delighted to be able to make a donation of £1000 towards this wonderful charity. [www.goldgeese.org](http://www.goldgeese.org)



Katie Southgate and President Janice

## MALDON

### New Year Party

We held our New Year party in late January. We were joined by fellow Rotarians from Wickford and Heybridge Blackwater Clubs together with Friends of Maldon Rotary. Guests enjoyed a lavish buffet prepared by our President Judy followed by a games evening which was much enjoyed by all present.

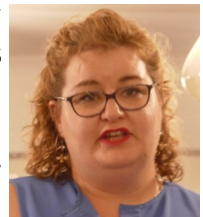
### Donations

Following a record collection by our Santa Sleigh and our Christmas Street collections, we have donated monies to the British Heart Foundation, Salvation Army and Maldon Family Carers. We are currently looking forward to our annual visit to the Royal Albert Hall for the Mountbatten Festival of Music . *James Howard 01621860372*

## RAYLEIGH MILL

### Edward Francis Primary School Sensory Room Project

On the evening of 29th January a representative of Edward Francis Primary School, Nina Rowan, visited our club to tell the members of the school's Sensory Room Renovation Project. Mrs Nina Rowan is the school's inclusion manager with responsibility for special educational needs and disabilities (SEND) and gifted and talented provision within the Edward Francis Primary School. Currently the school has 421 pupils, 58 of which are on their Special Educational Needs and Disabilities Register. The pupils on this register have varying levels of needs including, autism, ADHD, Down's syndrome, hearing impairment, visual impairment, cerebral palsy, myotonic dystrophy, young carers, children suffering bereavement, global delay, speech apraxia, mental health, and selective mutism. The pupils who have these special needs, as part of their additional support, have access to a separate sensory room. This separate facility is, however, is dark and uninspiring. It is not a place that the children are keen to enter, in fact some of the pupils are frightened to go in it. It may seem to some that it is a forbidding, rather than an inviting, place to be.



To address this issue, the school has instigated a Renovation Project for the Sensory Room. The intention is that the room will become a multi-functional room that will meet the needs of a wide range of children across the whole school offering sensory regulation, emotional regulation, physiotherapy, occupational therapy, counselling, speech therapy and brain breaks. The room will be transformed into a bright, inspirational place that stimulates and motivates the senses with a mini enchanted floor system, a vibrating pillar, an aroma panel, a UV cloud panel, a bubble tube, tactile panels and a swing, together with a projector and speakers. The transformation, however, does not come cheap. The total for tearing down the existing facility, refurbishing it and supplying the new features is £21, 217.88.

The members of the club were keen to support the school's initiative in trying to provide this much improved environment for children with special needs, and indeed, for the whole school and, at their February Business meeting voted to pledge £1000 towards the project.

## **SHENFIELD AND DISTRICT**

### **Helping with Marie Curie collection in Billericay**

Two little daffodils outside Waitrose in Billericay, helping members from Billericay Mayflower, collecting for Marie Curie. The sun was shining and we had a good and successful afternoon. Thanks Mark for involving us and for lending the hat!



### **Helping out at the Wilderness Foundation**

On Friday, 8th March, two members of Shenfield and District Rotary, together with one of our Honorary members, helped out at the Wilderness Foundation creating raised beds and bee banks. The weather was good except for the keen wind but we managed.



Creating the bee bank at the Wilderness Foundation  
Sue Stevens and Carol Bannister, with others, bending their backs and working hard.



Jed Brooks on wheelbarrow duty  
with Anne Mariaty and Gloria  
digging and raking the new soil  
ready for planting. .

### **Gardening Tools Plea**

If you have any unwanted gardening tools in your shed at home, the Wilderness Foundation would be glad to give them a second life.



David Pepper

## SOUTH WOODHAM FERRERS

### The New Calendar Year is off and running.

Our first meeting at The Eatery in the New Year, provided the ideal opportunity to admit another Associate Member to our Club. Introduced by our Vice President, Rtn Roger Restell (right in the photo), Sue Watson receives her admittance paperwork from our President Kush Dave and was loudly welcomed by us all.



Associate Membership gives Sue the opportunity to spend such time together with us as she is able and hopefully conclude that being a Rotarian to “make a difference” in our community and environs, is a commitment she wishes to make by becoming a full member of our Club in due course. Sue is known for her work in South Woodham Ferrers, instrumental in starting and running Cubs and Brownies’ clubs - she admits a good few years ago.

Rtn Geoff Thompson, Chair of our Youth and Vocation Committee has agreed to be 1240 District Officer for RotaKids. In anticipation of the handover from Rtn Bryan Davenport who, unfortunately, could not be with us on this occasion, Geoff (left in picture) reminded us of the evolution of RotaKids Club starting in America in 1962. Notwithstanding setting up one RotaKids club in Elmwood Primary School, lost to the impact of the Covid epidemic, we now have one in Elmwood and one in Trinity St Mary’s CofE Primary, both vibrant, with plans for more **RotaKids** with their new committees. When the older children move to a senior school, places become available which existing club members seek to fill. Both our clubs succeeded in so doing which reflects the interest of younger people in



helping others. The photos shows the clubs. Trinity St Mary’s CofE Primary with; the Deputy Head, Mrs Allan on the right and School Governor (& Inner Wheel member) Mrs Maureen Graham next; the Chair of our Youth Committee, Rtn Geoff Thompson (middle back) and Vice Chair Rtn Roger Gatford, and (below) Elmwood Primary School after presentations of badges and certificates, with Geoff, Roger and Rtn David Pepper present and guided by teacher Mrs Edwards (not pictured). The clubs have each decided on their principle beneficiaries this year respectively



Riding for the Disabled Association and Shelterbox and have already started collecting donations. *Well done both clubs.*

## **SOUTH WOODHAM FERRERS (Cont'd)**

### **Kayla Conley talks to the Club about mentoring.**



Kayla, who has had a wide span of working interests, talked about Safeguarding of Vulnerable Adults, a charity for whom she worked. She interlaced her talk with memories of her childhood in Jamaica before coming to the UK for a two year stay, 26 years ago! Although a serious subject, she was able to contrast her own experiences being mentored by her “aunties” to working with difficult individuals, often recently released from prison and to draw parallels with what can be achieved. As a consequence club members, partners and guests thoroughly enjoyed an interactive talk culminating in a rousing round of applause.

### **Sharon's challenge to raise money for Tommy's Charity.**

The Club welcomed South Woodham Ferrers resident Sharon Sansom to speak about her adventure, abseiling down the 732 ft tall building in London nicknamed the Cheese Grater, to raise money for Tommy's Charity which was founded in 1992 when two obstetricians at St Thomas' Hospital in London - Dr Ian Fergusson and Dr Anthony Kenny- couldn't and wouldn't accept the lack of answers surrounding premature birth any longer.

Funding pioneering research, the Charity grew to provide expert, midwife-led advice for parents before, during and after pregnancy, working together towards safer, healthier pregnancies. But over 300,000 lives continue to be lost annually through miscarriages, still and premature births. The aim is to halve that number and they are well on the way. Admitting no little trepidation, increased by a delayed start time and a run up the stairs to the starting point, of over 1000 steps (no lifts permitted in this venture), but grateful to the Marines on hand for obvious safety reasons, Sharon successfully completed her descent to an equally relieved husband (and the pub).



The Rotary Club were delighted to add to Sharon's magnificent fund raising efforts and our Vice President, Rtn Roger Restell presented a cheque on the Club's behalf. Congratulations again Sharon. We await your next venture.

## **SOUTH WOODHAM FERRERS (Cont'd)**

### **Brief History of Popular Music from Terry Hiscock.**

The Club had an enjoyable evening with a meal at The Eatery followed by a talk from Terry Hiscock. Terry, a longtime resident in SWF and former Deputy Head of a large Comprehensive School in Pitsea, having survived the 2005 terrorist attack on the Aldgate tube, followed retirement by concentrating on Save the Children Charity for which he has given over 200 talks. This one concentrated on the evolution of music dating back many centuries to “folk” sung and played with any piece of equipment that could make a note. He demonstrated the many genres of music that followed: Classical; “music hall” (over 380 music halls in London in the 1880s); Rag Time; Jazz; Blues; Swing and the impact of sheet music, phonographs, radiograms and record players all of which were recognised by all but one younger member of our Club! Our President Kush Dave was pleased to end a lively, interactive evening by presenting a cheque for Save the Children to Terry, flanked by Rtns Eric Johnson (right of Terry) and Roger Gatford



### **From Banking to a Film Extra**

Jan Rook, a resident of SWF, gave a novel talk on a career spanning banking; running a Fish & Chips business; and working as a film extra. Always interested in amateur dramatics, first in Bradwell; with SWATS in SWF, redundancy and two hard hitting events in her life prompted Jan to start new career as an extra in film/TV/Ads. Her first job in that field was in the chorus of ‘Jesus Christ Superstar’ and by ensuring that she was represented on the books of as many



agencies as possible, she became almost full-time in a job which she really loved. Eastenders, Holby, Midsomer Murders, Killing Eve and Call the Midwife followed, to name a few, as did extras’ work in many films. Photos in the costume of the relevant role ( and a few interesting snippets) added to an interesting expose. Raising monies for Essex Air Ambulance, Jan accepted a cheque from our President Kush Dave and is pictured with our Speaker Secretary Eric Johnson (on her right) and Roger Gatford.

## STORT VALLEY

### Join the 6 Marathon Challenge with Helping Herts: Make a Difference for Children in Hertfordshire

Helping Herts, the heart-driven charity for Stort Valley Rotary, invites individuals, families, and businesses to be part of something extraordinary – the 6th Marathon Challenge. Taking place over 12 days, the event aims to raise vital funds for 12 partner charities dedicated to supporting children's welfare in Hertfordshire.

#### Event Highlights:

Representatives from Helping Herts and its 12 partner charities will be walking a cumulative 156 miles along the scenic Hertfordshire Way, equivalent to completing six marathons over 12 days.



**When: April 20 to May 2, 2024**

**Where:** Twelve loops of the Hertfordshire way, specially designed by the Friends of The Hertfordshire Way. Each loop will be allocated to one of the partner charities and will include picturesque locations across Hertfordshire such as Hartham Common, St Albans, Shenley, Bishop's Stortford and more.

**Why:** Help raise essential funds for 12 children's charities, empowering them to extend their support and make a lasting impact on the lives of the children and young people they support.

#### How you can contribute:

**Donate:** Every contribution, big or small, makes a significant difference. Visit <https://6marathonchallenge2024.heroes.help>

**Participate:** Lace up your shoes and join us for a portion of the walk!

Gordon Morrison, co-founder of Helping Herts said: "Every step we take in the 6 Marathon Challenge is a stride toward a brighter future for Hertfordshire's children. Together we can make a lasting impact and create positive change. Join us in this journey of compassion, and let's make a difference one step at a time."

## STORT VALLEY (Cont'd)

Jim Tatchell, co-founder of Helping Herts, said: "We are looking forward to visiting some familiar places around our beautiful county but also to discovering some new ones, all whilst raising vital funds for our amazing charity partners who do such vital work with our children and young people right across Hertfordshire. Walking the equivalent of 6 marathons across 12 days is going to be tough, but the knowledge that Helping Herts is making a real difference to the lives of people who really need it will keep us going, come rain or shine!"

The partner charities Helping Herts is raising money for are:

Coram Life Education

Space Hertfordshire

CHEX

The Phoenix Group

Home Start Hertfordshire

The Ollie Foundation

Herts Mind Network

Playskill

Keech

For Baby's Sake

Herts Young Homeless

Grove Cottage

### **About Helping Herts:**

Established in 2021, Helping Herts passionately celebrates the remarkable work of local charities. As the official charity for Stort Valley Rotary, Helping Herts strives to create positive changes in Hertfordshire's communities.

## TAKELEY

### Race Night- Saturday 17th February

We had a very successful Race Night at Priors Green Community Hall in aid of Accuro- the charity that supports adults and children with disabilities (and their carers) in West Essex.

Great fun was had by all; and we raised over £800 for the charity. Thanks go to everyone who came along, to Garnett's Farm in Barnston, for the sausages, to Par and Davi Badhan from the scouts who cooked the sausages, to compere 'Stretch', to all who gave raffle prizes and to Mike Best for organising the whole thing.



### Litter Pick

Our next event will be a community Litter Pick on March 8th from 10-12 a.m. in the Prior's Green Area. All residents welcome to help out.



Jenny Versey Contact us on [rotaryintakeley@gmail.com](mailto:rotaryintakeley@gmail.com)

### Luangwa Project

We are following up on Jenny Versey's presentation at the recent District Forum where there was very strong support. Last summer Jenny and I were fortunate to go on safari to one of the best regions in Africa to see wild animals in their natural habitat - the South Luangwa National Park in Zambia. We saw many rare species and had a wonderful time. As many of you will know, Jenny and I had careers in education and whilst we were in the game lodge we asked to see the educational provision in the nearby town.

## TAKELEY (Cont'd.)

### Luangwa Project (cont'd)

The local secondary school - Mfuwe Secondary School has over (1000 ) students but very limited facilities because the area itself is remote, in the Eastern part of Zambia. We spoke to several students currently studying 'A' levels and noted their very high aspirations which was highly commendable. They wanted to be doctors, nurses, airline pilots, lawyers etc, just as they would in the UK. The school has electricity but does not have a reliable water source being dependent on a well for its water, amplifying the problems that it and the area, has. The area itself is very poor being in one of the more deprived areas of Zambia, because of its remoteness.

All the local game lodges have clubbed together to raise money for charity to improve the conditions that the people live in. They have set up 'ProjectLuangwa' to manage the help they are receiving particularly from the tourists visiting the lodges. There is also a local Rotary Club in Mfuwe which is helping support the local people.

One of the biggest issues in the area is lack of hygiene and sanitary support. We found that many of the girls in the area on reaching puberty were not able to get adequate sanitary support through tampons and sanitary pads because they were too expensive for them to purchase. The result was that these girls, through embarrassment and lack of hygiene, could not attend school for one week in every four. They were missing a quarter of their education having to stay at home. We know the importance of not missing schooling, and in our country we place great emphasis on school attendance. What a terrible situation that through no fault of their own, the girls' education is being severely limited. It makes us very angry that Zambia can afford to provide free medicine for its citizens, but cannot look after its girls properly! The local game lodges have set up a workshop to make sanitary pads for girls. They can provide a pack of reusable, washable pads, enough for two years for each girl, at only 12 pounds per pack. The local lodges are now trying to provide free sanitary pads for girls who cannot afford them and selling the pads to the remainder, through their local shops and schools. This not only makes it possible for the girls to go to school, but it is also providing much needed employment for several women who are making the pads and selling them in the shop.

We are now appealing to all our clubs in District 1240 to help us make a difference to this area and these girls. We hope that you can provide £120 each club which will enable 10 girls to receive pads to last them two years. The district will be able to provide a matching grant so that we can make a huge difference to this area and help get the girls the education they deserve.

Please let us know if you are able to help. If you would like Jenny or I to come over and talk to you further about this worthwhile project please let us know: [johnversey17@gmail.com](mailto:johnversey17@gmail.com)/  
[verseyjennifer@gmail.com](mailto:verseyjennifer@gmail.com) You can donate to this project through the Takeley Rotary Club which is co-ordinating the effort: Takeley Rotary A/C 2 account number: 68011083 sort code 60-02-36 Thank you for your support. *John and Jenny Versey*

## ENVIRONMENT BULLETIN

### Day of Action

Our first Wilderness Foundation Day of Action was a great success, with members from all over the District arriving from 10am to 3.30 pm to do stints of work helping the Foundation maintain its environment.

Thanks to the initiative of Braintree Rivers Rotary Club, the Environmental Action Group has now arranged six of these days over the year. The next one is on **15th March**.

On 8th March we were set to work on building a bee bank, filling raised beds ready for planting, and collecting used tree guards which were supporting the hundreds of new trees recently planted but which are no longer needed as the trees have grown to a suitable size. These tree guards will now be recycled. Further information on future dates will be given in due course.



### Rotary Day of Action: 18th May 2024.

We already know that some clubs have organised environmental activities on this day- see the Yarrow Farm initiative. Well done to them!

If you have other plans, we would love to hear about them and include them in our monthly environmental report.

If you have no other plans, why not join in a District-wide Litter Pick? We could co-ordinate publicity and actions/outcomes. Please let us know through Paul Satti . ([paul\\_satti@hotmail.com](mailto:paul_satti@hotmail.com))

### The Plastic Blitz (25th May to 9th June)

Four Districts with over 200 clubs have been requested to combine forces for this initiative, especially those bordering the River Thames, including D1240.

The aim is to reduce plastic waste and ‘end plastic soup’, through promoting public awareness and education. Please look at their web site: '[rotaryplasticblitz.uk](http://rotaryplasticblitz.uk) and think about what your club can do.

Jenny Versey- [verseyjennifer@gmail.com](mailto:verseyjennifer@gmail.com)

## DISTRICT CONFERENCE 2024

# District 1240/1080 Conference 2024

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



**Lucy  
Lewis**

**LIGHTING THE FUSE**

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



**Chris  
Knight**

DG 1070 – I am What I am



Photo by Paul Mitchell

**KEYNOTE SPEAKER**

World renowned  
violinist

**Tasmin Little CBE**

Music – A Force for Good



**FRIDAY 11 TO SUNDAY 13 OCTOBER**

Whittlebury Park, Northamptonshire NN12 8QH

**Book your attendance at: [rotaryeastconference2024.co.uk](https://rotaryeastconference2024.co.uk)**

## DISTRICT SUMMER SPORTS COMPETITIONS

The Frank Keevil Bowls Tournament

District Golf Knockout Tournament

The Hugh Markham Trophy

District 1240 Tennis Competition

For more information on the above competitions please see the District 1240 website: [Rotary District 1240 \(rotary-ribi.org\)](https://rotary-ribi.org)

All application forms for the competitions need to be received by Rtn. Derek Hutchinson by the **31st March 2024** [derekandbrenda@hotmail.co.uk](mailto:derekandbrenda@hotmail.co.uk)

## YOUTH COMPETITIONS

### Young Musician District Final—Brentwood Cathedral



The Competitors with the District Governor and Mayor of Brentwood



The winner of the Instrumental competition Fred Blackshaw



The winner of the vocal competition, 13 year old Rose Buggle

The District Final was held at Brentwood Cathedral on 2nd March 2024 from 1030am – 2 pm. We had nine entries, five vocalists and four instrumentalists.

The Judges led by Art Wangcharoensab, the Deputy Director of Music and the Cathedral, was impressed by the high quality of competitors and did find difficulty in having to find winners and runners up.

The Director of Music, Andrew Wright attended and watched and stayed for the whole event and after stated he would like us to be there again next year as he was very impressed with Rotary and the competitors.

I would like to thanks the Competitors, parents, Teachers and of course the Accompanists for their taking part. Also to the Mayor of Chelmsford, Linda Mascot and her Consort, Ian, Mayor of Brentwood, Gareth Barrett and, of course, or District Governor David and or DGE Anne.

## DATES FOR YOUR DIARY

PETS	Saturday	6th April 024	tba	Wyboston CC
District Assembly	Saturday	11th May 2024	9.00 a.m.	Writtle College
District Handover	Sunday	30th June 2024	1.00 p.m.	Ivy Hill Hotel
District Forum	Saturday	July 2024	7.00 p.m.	Writtle College

## CALLING ALL CLUB PRESIDENTS-ELECT

The 2024 Central and East England Multi District President-Elects Training Sessions, otherwise known as CEE MDPETs or as we prefer to call it the Club Leadership Forum is nearly with us.

Whatever you call it, this is an opportunity for a President-Elect to find out a bit more about being a Club President. All Clubs are different, your format may not be the same as another Club, you may be very formal or the opposite, have a meal or not, have committees or are project-based.

This is your opportunity to hear about other ways of doing Rotary. Have you been a President before? Then come along and share your ideas. The Multi-District bit in the title is because we are sharing the day with Districts 1080 and 1260, so not only do you get to know about other Clubs, but also how other Districts do it.

The Forum is not a series of lectures – previous Forums have been informal, discussion based events which have been very well received and they are fun! If you haven't been invited, it is because we don't know who you are - sometimes names don't get onto the Data Management System (DMS) or the wrong ones are left on it. If you haven't received an invitation, contact me by e-mailing [dave.eagles58@gmail.com](mailto:dave.eagles58@gmail.com). It would be great to see all our Presidents - Elect at Wyboston Conference Centre on Saturday 6th April.

*Dave Eagles*, District Leadership & Development Officer.



## 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)