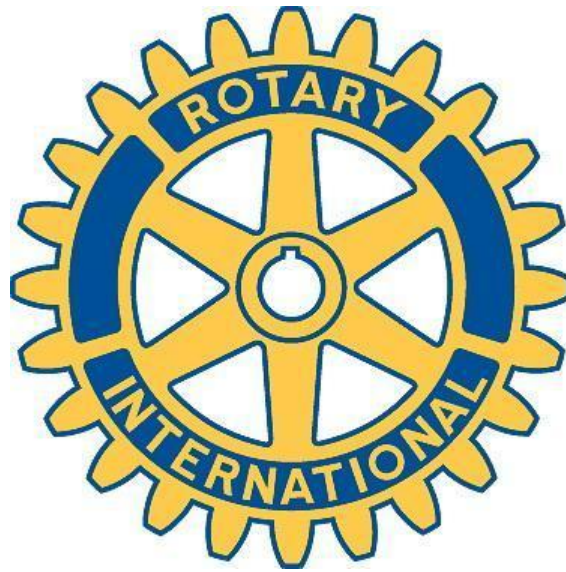


**March 2021**



**Bramhall & Woodford Rotary Club**

**1<sup>st</sup> January to  
31<sup>st</sup> March**

## Harry's Homily April 2021

Welcome to the last Homily of my presidency. The sun is shining and shops, pubs and restaurants are open for business. True to form though there are downsides: despite the sunshine it is very cold outside and the easing of Covid restrictions will inevitably lead to a rise in new cases. Fortunately the immunisation effort should largely prevent the hospitalisations and worse that we have become so used to over the last twelve months.

It will take a little longer for the Club to get back to normal. We are still a way off indoor meetings without strict regimentation and as we all know, BWRotary isn't a fan of regimentation. With any luck future easing of the rules and warmer weather will allow us to meet up outside, and Michael has already offered to host a drinks and nibbles do in his garden. I'm already looking forward to my Prezzie's barbeque and I know that Ari is planning one in August.

It is my fervent hope that we can soon return to our core activity of supporting the less fortunate. We have been able to give financial and physical assistance to the Handy Ladies among others but fund raising has been hard hit. Members have been extremely generous to the Charity Account which has allowed us to give significant donations to a wide variety of recipients, but we need to get back to involving the general public. I never thought I would look forward to tin-rattling, but it does give us an opportunity to meet people and talk about Rotary to those who are interested enough to ask.

This has been a very peculiar year for all of us. I think I shall be the first President never to have the opportunity to ring the bell for quiet in a meeting. I trust Sue will make up for it when she takes over!

Best Rotary wishes to everyone.

Harry

## 6<sup>th</sup> January - Committees

Oh my goodness, what a task for a poor Yorkshire lass, ( Hear all, See all, say nowt.)  
I can't believe how much Rotarians have to say!

The first committee meeting of the year began with the gradual gathering of 21 members, all eager to greet each other and share their exciting experiences since the last meeting. It was lovely to see John M back with us and on top form.

The meeting proper began with apologies from Bob Lewis, Tony and Ron before Harry plunged straight into the main event of the evening, the appointment of club officers for July 2021. This was over with in a flash though with a partially disappointing outcome. Everyone agreed that John S should be signed up as Secretary once again and that Sue should continue as Treasurer with Michael assisting but sadly we had nobody stepping forward to take the roles of President or Vice President.

This sad state of affairs naturally led to some discussion of whether we could carry on as a club without a leader or whether we could find some way to solve the dilemma. It was suggested that roles could be shared to accommodate holidays but despite Harry's threat that we would be stuck with him for another year there were still no offers. Hopefully someone or a group of someones will step up to the mark before too long.

Next came the parting of the ways when we all split off into our breakout rooms after a little difficulty in remembering how to do it as it has been a month since we did it before. It was agreed that we should come back together after 10 minutes as there wasn't too much business so soon after Christmas. Hmmm..... note to self. Must teach Harry about the ' big hand' on the clock. We reunited to hear committee reports at 8.45.

Treasurer Sue had some excellent news for us. Our Christmas events, Santa's rounds and the pantomime trail and Village collections, against all the odds, raised £6121.00.

We will be able to donate £350 to each of the 15 charities/ good causes who accompany us on Santa's rounds. As well as that we will be donating £1,500.00 to Handy Ladies Feeding the community, £500 of which was given to us by Plumcake Cafe in Bramhall Village Square, collected as donations for their food and drink on Christmas Day.

Unusually for our club, a huge amount , £1000 **[Ed's note: Actually over £5,000]** has been voluntarily donated by members themselves and so our charity account is in a very healthy state having £4000 in it.

Steve questioned whether we should continue with our usual Quiz Night to present the donations to the 15 charities but I think most people thought it would be rather difficult to set it up on Zoom and that it should be reinstated next year.

Bob P continues to fill our programme with an interesting mix of speakers and social events and we can look forward to a fun filled couple of months ahead including one of the ever popular tasting evenings organised by Michael and Sue. The question is, where will they take us next? We've tried Thai, Chinese, Indian as well as cheese and wine evenings. Perhaps the next delicious food will have a Mediterranean twist.

After thanking everyone for their efforts over Christmas, raising much more than she ever thought feasible, Maggie told us that her committee had spent time discussing the worth of trying to enlist the help of a list of people who belong to local what'sapp groups so that if we are touring the streets with pirates or Santa etc particular areas covered each night can be targeted with information. The response to people announcing our presence in some areas has been amazing.

The possibility of putting on another event in early April, restrictions allowing was also discussed. As Easter weekend falls just after April Fool's Day this year and quite clearly people are happy to give us their money for looking silly, then it may be that we incorporate fools/ jesters/ pranks into our Easter Bunny event. All ideas welcome.

The lovely thing about our club is that we never say no to outlandish ideas, just how can we pull that off.

Steve told us about how 7 of our members had lent physical support to The Handy Ladies team by delivering some of the 200 meals and presents they provided on Christmas Day. Although we were not involved it's worth noting that the Ladies delivered yet more meals on Boxing Day, New Year's Eve and New Year's Day.

They continue to supply meals every week including food donated by Tesco, Stockport.

The feeling in the club was that we should continue to support the Handy Ladies but that it should be left to individuals to offer their help as reserve drivers on a more permanent basis.

The Community service team suggested that we might be able to help out with the current crisis of children having to be home schooled. We might be able to provide tablets and even help setting them up, as well as helping individual children with work. Sarah is investigating the possibilities.

Sue brought up an idea which we have touched on before, that we might be of help in training older children for interviews.

Another suggestion for a way in which we might be able to help in the community was to volunteer at vaccination centres. Again, this is being investigated.

Ari reported for the international committee that he had 'things in the pipeline', so we will have to be patient and watch this space.

Ian drew everyone's attention to the fact that we had gained a bit of extra publicity in connection with our pantomime trail as we were lucky enough to have Jason Manford popping down to the Village Square to draw the winning trail answer sheet. Sadly, not wishing to attract big crowds, we didn't publicise this before hand and so the event was very short and sweet. Hopefully we can get him to help us out with a bigger event.

Ian's efforts with our Facebook posts attracted over five thousand likes for the pantomime trail presentation and the float round posts over the Christmas period, 30,000 likes. In the absence of Santa's rounds leaflets this year we thought it prudent to employ I Love Bramhall to spread the message that Santa would still be visiting. The hope was that there would be a post on her site every day explaining which roads Santa would be on. This didn't seem to happen for whatever reason. Hopefully the scouts will be meeting again next year and we can get back to leafleting.

Council will meet on Monday evening at the slightly later time of 8.00 pm.

Maggie.

## 13<sup>th</sup> January - Fraud - Hayley Fallon

Zooming into Rotary meeting to find approximately 25 members having joined the link with the usual chatter. Nice to see Ron joining with us . Some members pleased to have had their vaccines , with Harry updating us about our local care home having had their residence Vaccinations.

As we got to the time of eight Steve introduced Hayley Fallon from Home Instead . Community Related Manager. Champion for fraud scams (Senior fraud Protection)

From Senior Care Stockport .

Hayley started her talk with always the older and most vulnerable are targeted. Such as lonely and isolated. Door step scams . Hoover Repairs ,Tarmac on drive ways. Taking money from fearful people. Investment opportunities.

On face book.What is your Elf name,What is your Pornstar name all seem fun games but can obtain information. So don't do it. Every week we could be targeted.

The phone is still one of the most used ways to scam people, along with email and messaging . So the message to all of us was to take a moment to think before you click .

Nearly the end of our meeting and Steve mentioned helping at the vaccination centre,

Salish was interested , Michael wanted to get numbers for our Juniper evening next week .

Pat

## **20<sup>th</sup> January - Tasting - Juniper Bramhall**

Michael Lacey's Just Eat Social Venture from different restaurants during Lockdown is almost a year old. However the latest Lockdown is much more stringent than the 1st in March 2020. 14 B&W members with partners joining the group together with David Freedman & son Andrew collected their Food from Juniper in pouring rain. The main chefs of the households had a rest day so that they could enjoy the evening with wine/beer to their heart's content. It was an enjoyable social evening. I would like to thank Michael for thinking of this novel venture and what a great success it has been. The "Just Eat" MENU consisted of

- 1) Calamari
- 2) Fajita wrap with chicken, onions & peppers
- 3) Mozzarella panini with tomatoes & green pesto
- 4) Beef Cheese burger with bacon, lettuce, tomatoes & onions
- 5) Side salad
- 6) Chips included by few and purchased separately

Calamari got top marks for flavour, next being side salad, chicken wrap, mozzarella panini followed by beef cheese burger but it being very salty. Few had intimated that they were having the wraps later today.

The next EAT DAY planned by Michael/ Sue is on Wednesday 17 February 2021 and has an ITALIAN theme.

Prior to Final Toast it was noted that heavy rain fall had given way to snow fall which we all noticed during our meal partake. Fears were expressed that Bridge Lane and Bramhall Lane round about might get flooded again.

Final Toast at 21:19

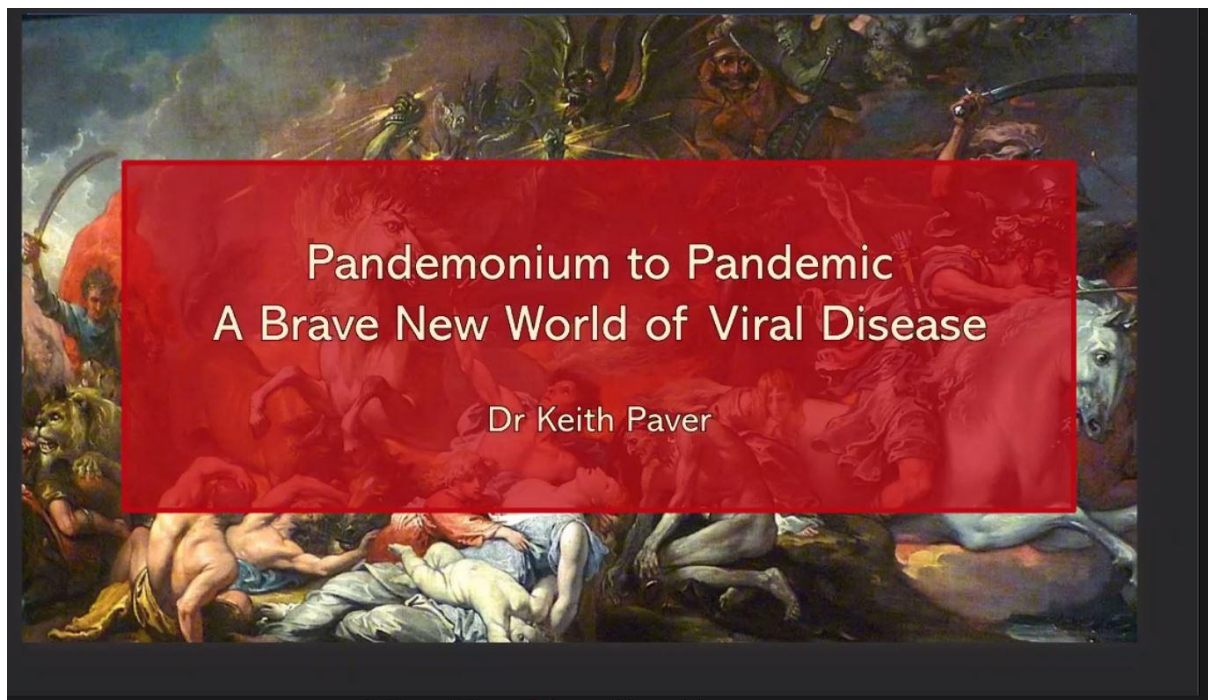
Satish

## 27<sup>th</sup> January - Keith Paver - Virology

Chelsea sacked Frank Lampard and the new manager, Thomas Tuchel, had taken one training session before this first match - at home to Wolves. The match was a somewhat tedious 0-0 draw with Chelsea making loads of passes, having loads of possession and getting nowhere. The match finished just before 8pm and so I joined the meeting just as the formal bit was about to start and was “reminded” that I was the bulletin writer!

Harry formally welcomed and Bob Preece introduced Keith Paver - a well known Rotarian and current member of Macclesfield Castle. (Aside: Keith was the District Governor when I was President of B&W in 2004-5 and we both went to the Rotary International conference and centennial celebration in Chicago).

With about 23 people present Keith gave a comprehensive talk about infection, virology and in particular Polio and Covid 19. It lasted some 1 ¼ hours and there is no way I will cover it all here. I would recommend watching the recording when it is released by Harry.



Rather I will note some points which “tickled my fancy” - in no importance order.

Public health is critically dependent on good sanitation and clean water - both improving but many areas of the world have a way to go.

- Poverty is a major factor with poorer areas suffering disproportionately from disease.
- Vaccination has had a huge impact. Note there were “anti vaxxers” in 1850 and ever since.



- In many places diseases like Measles, Cholera, TB, Diphtheria, Mumps, Smallpox and Polio have all but gone
- Polio became an epidemic in 1841 in the USA and peaked after WW2 (probably as a result of huge population movements, e.g. troops, refugees). Originally mainly affecting 6-8 year olds and affecting limbs, by the 1950s it was with teenagers and affecting lungs. The Salk vaccine in 1955 prevented infection, but not transmission but in 1962 the Sabin vaccine dealt with both.
- After an enormous effort Polio is now only in Afghanistan and Pakistan.
- Emerging infections include HIV and Covid 19
- Export of live animals is an issue. Note that the EU is the largest such exporter.
- New factors include climate change, deforestation and urbanisation
- The SARS outbreak (which I remember seemed huge at the time), had a worldwide total of 8098 cases and 774 deaths.
- On Covid 19
  - Superspreaders (10% of infected individuals cause 80% of infections)
  - To reduce the attack rate we wear masks
  - To reduce transmission we have track and trace, isolation and quarantine of travellers.
  - To reduce contacts we have lockdowns and school closures etc
  - It is a bit of a puzzle as to why rates are so low in Africa
  - Lockdown works
  - Rule of 6 has a proper scientific basis
  - Long Covid is real and a big problem

There then followed the usual Q&As. a vote of thanks from Harry and the meeting closed at 21.35  
Michael



## Vaccination coverage

Herd Immunity Thresholds of vaccine-preventable diseases<sup>6</sup>

Disease	Transmission	Basic reproduction number	Herd Immunity Threshold
Measles	Airborne	12-18	92-95%
Pertussis	Airborne droplet	12-17	92-94%
Diphtheria	Saliva	6-7	83-86%
Rubella	Airborne droplet	6-7	83-86%
Smallpox	Airborne droplet	5-7	80-86%
Polio	Fecal-oral route	5-7	80-86%
Mumps	Airborne droplet	4-7	75-86%
SARS	Airborne droplet	2-5	50-80%
Ebola	Bodily fluids	1.5-2.5	33-60%
Influenza	Airborne droplet	1.5-1.8	33-44%

## **3<sup>rd</sup> February - Committees**

Present: 23 Rotarians

### **Secretary – John Sykes**

Nothing to report

### **Treasurer – Sue Preece**

Separate written report to follow

### **Club Services – Bob Preece**

Full Programme to end of March already issued to members.

### **Ways & Means – Maggie Hill**

Two events being considered:

April Fools' Day/ Easter Weekend. Plans at early stage for Fun Days encouraging people to 'let their hair down' and take part in some 'fun' activities. Discussions to take place with Himor re Bramhall Precinct being the possible venue.

Circus in Bramhall Park on 16 May. Booking made some time ago and currently under consideration for socially distanced shows. Discussions ongoing although the possibility of permission being sought for the event going ahead has been flagged with SMBC.

### **Community Service – Steve Littlewood**

Home schooling – finance for computers has been provided to Bramhall High School £1000, Neville Road Primary School £1000 and Pimlott Butcher's Go Fund Me appeal £500. The computers will remain in the ownership of the schools and be loaned to pupils.

A donation of ten Hi-Vis waterproof jackets has been received from Pod Trak Group and are currently 'on loan' to the Vaccination Centre at Grove Park for use by the marshals.

### **International – Ari Tsalikis**

Structure for the Kavala RC meeting next week was discussed. Ari is to be provided with Winchester RC contacts for discussions re Kasese.

Further reports to follow in due course.

### **Social – Sue Preece**

Next social event on 17 February is an Italian Taster Meal from Trattoria D'Agostino, Cheadle Hulme; details to follow

### **Communications – Ian Dobson**

Ian was congratulated on his Lend with Care press release.

**Steve Littlewood**

## **10th February - Zoom with Kavala**

President Harry Hill introduced himself and gave a very warm welcome to President Theodoros Kagiambis of the Rotary Club of Kavala-West and his fellow Rotary members and thanked Ari for organising the meeting. There were 25 Bramhall & Woodford club members and wives present.

Theodoros told us that his club was formed in 1990 and they had eighteen members with six being present. His club had successfully completed a significant number of projects including recently the donation of defibrillators, an electronic bed for an elderly persons' facility, toys and books to a kindergarten and Covid-19 protection equipment.

He introduced his fellow members:

Vasilios Makris – Vice President and Past District Governor

Anna Pavlidou – Past President

Christos Tzanakos – Dean

Dimitrios Tzimas – Club Secretary & Past President

Georgios Dikaio

Theodoros mentioned that there were three Rotary clubs in Kavala and one in a nearby town. The Thassos Club, which Hazel Grove RC had visited and which Richard and Susan visited subsequently had closed

Members of Bramhall & Woodford were introduced by President Harry in alphabetical order were Dennis Allport – Founding Member, Bruce Bissell – long service member, Richard Clark – ex Hazel Grove accompanied by his wife Susan, Robert Cryer – Retired Diabetes Consultant ex Hazel Grove accompanied by his wife Moyra, Ian Dobson - Publicity, Maggie Hill – Chairman of the Ways & Means Committee, the President's wife, Pat Holmes, Tony Johnson – ex Hazel Grove, Satish Mehta – Retired GP, Michael Lacey – immediate past President, Bob Lewis – ex Hazel Grove accompanied by his wife Margaret, Steve Littlewood – Chairman of Community Services, Neil Loveland, Chris Monkhouse – long service member – and it was his birthday! Ashok Popat - retired dentist, Bob Preece programme/speaker arranger, Sue Preece – Treasurer, David Rose - Retired Ear, Nose & Throat Surgeon, Bob Stevenson – long service member, John Sykes – Club Secretary, Aristides Tsalikis Chairman of the International Committee, Ex Hazel Grove and his wife Joan.

Michael Lacey gave a presentation on the history of the club firstly showing a photo of members. He said the club was formed in September 1986, has 37 members, though due to age and health 30 active members, about 25 “zoomers” so typically 21-23 at our Zoom meetings plus guests. It was a very informal, fun loving club holding social events, service to the community and fundraising. Before the Pandemic the club had pub evenings, restaurant visits, games nights, country walks

and parties. During the Zoom period the club has held quizzes, games eg "would I lie to you", cheese and wine tasting, and restaurant tastings.

As part of our Community Service before the Pandemic club members installed smoke alarms in residents' homes, transported blind people, cleared footpaths and did envelope stuffing for a local blind and deaf charity. During the Zoom period the club has delivered Christmas lunches, funded school laptops and continued with socially distanced envelope stuffing.

The club is best known for its fundraising. Before the Pandemic the main elements were the duck race and a family fun day, fashion shows, Christmas collections and Santa's float, international concerts, a Scarecrow Festival, IT support and coin & other sales. During the Zoom period the club has raised money through the Pirates Week, a Pantomime Trail, Santa's Float going round the streets without door knocking raised £6,100 and coin & other sales.

Michael went on to show a selection of photos of the duck race and a fun day and our Christmas float. (A selection of photos of our activities can be viewed on our web site [bwrotary.org](http://bwrotary.org))

Harry described the delivery of hot meals by a charity called Handy Ladies to those impacted by covid-19 assisted by a donation of £1,500 from the club.

Anna spoke about an important project feeding schoolchildren in a poor area of South India, which she had visited last year for which she received praise. Ari suggested that we should consider finding something to do together. Maggie was identified as the source and inspiration of so many good ideas. President Harry highlighted the club's link with Kasese Rotary Club in Uganda where much of the money had been spent on toilets. He went on to say that the club had to cancel a visit to a Sophia Rotary Club last year due to covid-19 and was hoping to go next year and could perhaps include Kavala in the itinerary.

Warm greetings were exchanged between Rotarians renewing their contacts.

Bob Lewis enquired about the lovely disabled centre and the market garden project and was told that the project was in abeyance. He also enquired about the current use of the buildings adapted to accommodate orphaned children and was advised that it was not in use due to there being so few children but enquiries would be made with the centre management to find out their plans.

Ari raised the possibility of Rotarians being able to join each others' zoom meetings to learn from each other and possibly participate in joint projects. Future zoom meetings would involve agreement on timings. Everyone welcomed this and committed to maintaining contact for mutual benefit working together on projects.

President Theodoros described Kavala as a city in northern Greece, the principal seaport of eastern Macedonia and the capital of the Kavala regional unit. It is situated on the Bay of Kavala, across from the island of Thasos and on the Egnatia motorway, a one-and-a-half-hour drive to Thessaloniki and a forty-minute drive to

Drama and Xanthi. It is also about 150 kilometers west of Alexandroupoli (See [THE 10 BEST Things to Do in Kavala - 2021 \(with Photos\) | Tripadvisor - Must See Attractions in Kavala, Greece](#)) Kavala was described as having a long history going back to ancient Greece and had changed its name several times. It had a population of 90,000 people and was close to the border with Bulgaria. Ari recalled the visit by the Hazel Grove Rotarians and reminisced about the very warm welcome and good food and wine mentioning the Roman Aqueduct, Philipi, the castle and the winery. Ari pointed out his school the Economics High School in one of the photos shown. Thasos was also commended and particularly the Roman Amphitheatre and the many artifacts (See - [Thasos - Wikipedia](#)) Ari recalled the Hazel Grove club visit to the site of the baptism of Lydia of Thyatira mentioned in the New Testament as the first documented convert to Christianity in Europe, where we watched a snake in the stream catch a fish which subsequently escaped after a struggle perhaps assisted from on high. Sue waxed lyrically about her annual visits for the past ten years to Greece and regretted her inability to go last year due to covid-19.

Theodoros clarified that Kavala-West meet every Wednesday at 9pm (7pm UK winter time) at a hotel in normal times and is currently only meeting on zoom at present. Bob reminisced about a Rotary meeting on a roof terrace then going on to an ice cream parlour and eating cakes and other delicacies. Anna was very enthusiastic at the thought of welcoming members of the Bramhall and Woodford club to Kavala. Ari said there were direct flights from Manchester to Kavala during the summer in normal times with alternative routes via Frankfurt or Zurich. At other times there was a need to go via Thessalonika.

The temperature enjoyed in Kavala was 15 degrees whilst in Bramhall we were below freezing. Pleasure was expressed at the ability of those from Greece able to speak English so well and regretted the language skills of the British.

Bob Lewis raised the issue of needing to draw a line on what was a very successful International Foundation £100,000+ grant supported by district to provide the transition of orphaned children into society being a model subsequently adopted by the Greek Government throughout Greece. Bob explained that it needed to be signed off so that the ability of securing future grants was not impaired. President Theodoros made a commitment to make the contacts to expedite this.

Harry said that it was interesting to meet people with the same ideals and exchange ideas for the benefit of all and expressed pleasure at a successful meeting which would pave the way for building future relationships.

The meeting finished as usual, with the Rotary Toast.

Tony Johnson

## **17th February - Tasting - Trattoria D'Agostino**

### **An Italian Tasting**

Starting at 7:15 pm the participating members called at Trattoria D'Agostino in Cheadle Hulme to collect the 32 food parcels to take home to waiting hot ovens. It was impossible to send it out hot, and for the writer, I had a half hour drive back to 'the oven'.

By 8:00pm the Zoom meeting was officially open and everyone was ready to go, with hot Italian food before them. There seemed to be no particular order followed, some eating pizza first, some garlic bread, or even commencing with the lasagne. Whatever the order, everyone seemed to enjoy it, and the usual 'B&W Banter' continued unabated.

Wines selected by members to accompany the feast were compared and discussed. There was discussion on whether Gavi, the Italian white, should be pronounced 'Garvy' or 'Gavvi' (no firm decision, but I use, and drink, Gavvi).

Harry regaled us with his heating troubles which have left them without a boiler or immersion heater. This explained why he and Maggie sat huddled in heavy clothing, doubtless grateful for the warm food.....! Offers of plumbers, heaters etc., were of course forthcoming. Such is the generosity of members, that were it not for Covid, I am sure there would have been offers of what they really needed, warm accommodation! Being 'Yorkshire' however, they should be ok.

Michael showed off his recently repaired hand but in the interest of not putting us off our food, spared us sight of the actual wound.

Michael finished off the evening with one of his 'post tasting' quizzes, warning that if anyone scored for more than 1 or 2 out of 10, they would have done well. He wasn't kidding! Questions included ranking the different types of Italian eating establishment in order of status. 'Trattoria' are above 'Osteria' – Who knew! Remarkably both Sarah & Sally and Dennis & Ros both scored 3 and so won, well, nothing actually!

Michael also announced that the next Tasting would feature fare from the Peking Garden in Bramhall. They insisted that Michael and Pam should have a 'pre – tasting' tasting, which they did. Someone suggested that they should offer that to all of us....!

The meeting finished as usual, with the Rotary Toast

Chris Monkhouse

## 24th February - Handy Ladies

Steve introduced Jo & Anna from Handy Ladies feeding the Community . 23 Rotarians present at ZOOM.

Jo outlined the background to FEEDING THE COMMUNITY PROJECT. It all began around March 2020 at the onset of COVID-19 pandemic when it was noticed that everyone in some way was affected. Handy Ladies work with people who are vulnerable, terminally ill, disabled, mentally stressed, isolated and in financial hardship. Families are in need of compassion and look forward to a free hot meal. The project is based at St. Cuthberts Church, Cheadle, Stockport SK8 2D

Financial donations have come from individuals, Lottery Grant, Stockport Council, Supermarkets (Food & Cash) , Foodbanks to name a few.

Referrals have been from Age Uk Stockport, Churches, social workers, adult social care, schools, neighbours, social media, Facebook and Stockport Council. It costs almost more than £800 a week to provide hot meals. In March 2020, 13 families received hot meal 3 days a week namely Mondays, Tuesdays & Thursdays respectively. This has now grown to 180 families right across Stockport. Latterly, Handy Ladies have also been involved in distribution of packed food parcels for needy school children in their homes.

Around Christmas 2020 Jo had made an appeal for additional drivers for distribution of meals on Christmas day and several B W Roarians had obliged. With surge in numbers needing hot meals distribution, Jo informed members present that Handy Ladies would be requiring more Volunteer Drivers as several current drivers are returning to employment. They would welcome contact details of those willing to act as VOLUNTARY DRIVERS.

Jo thanked Bramhall & Woodford Rotary for donation of £1,500 and help in providing FLOAT facilities for Feeding the Community extravaganza at Manchester Rugby Club in Grove Lane, Cheadle Hulme.

Steve thanked Handy Ladies for an excellent presentation. A project well founded and in need of continuing support.

Rotary Toast at 9pm

Satish

## **3rd March - Committees**

### **Secretary**

John reported that the contact details of Audrey and Peter Hughes had been passed on.

### **Treasurer**

In Sue's absence Michael stated that the General Account was unchanged.

The Charity Account has £4,450 of unallocated money. The sponsored walk has so far raised £1425. There has been a donation of £200 from Danielle at the Dairyground Coop. Michael asked that when members are paying money into the club they try to select the correct account.

### **Ways & Means**

Maggie reported the sponsored walk had gone very well and thanked members for their support. The committee are considering holding a collection in the village centre at the Easter weekend with members dressed up as cartoon or pantomime characters.

Enquiries have been made with the circus company and the only free date in the Summer is 22 August. Maggie will contact the Council to determine if it would be possible to hold an event in the park on that date.

### **Community Service**

Steve said five members had offered to help Handy Ladies with delivery of meals. He is attending a zoom TAP meeting shortly with a view to networking with other charities. He is looking for further good causes to support.

### **International**

Ari stated that he would include our contacts in Bulgaria in future zoom meetings with Kavala. Lend with Care is continuing very well. He is planning on restarting the international meetings with foreign students, when circumstances permit and will contact Sam Harris.

### **Club Services**

Bob has circulated the programme for the next two months.

### **Social**

The next event will be a Chinese takeaway from Dim Sum. Michael has already circulated the extensive menu. The cost is £16. He will contact Turquoise again to see if they are willing to provide takeaway meals for us.

### **Communications & Publicity**

Ian is continuing to generate money for the club by selling foreign coins and welcomes as many donations as possible. He has put an article in Inside Bramhall on Lend with Care to promote the club.

Bob P



## 10th March - Billie Coleman Jones - Contact Hostel

Nineteen members attended a zoom presentation by Billie Colman-Jones who is the Fund Raiser for Contact Hostel. The charity is based in Whalley Range and opened in 1970.

Contact Hostel was founded by Brigid Murphy to care for vulnerable young women aged 16-19 who were suffering from neglect, poverty or were abused. Since being founded it has looked after almost 1,000 young women. The accommodation consists of seven single rooms and a bungalow. The ethos of the charity is to provide 'What any good parent would do'. The aim is to develop a life plan to enable the young women to live independently. They are all in education or employment. Contact Hostel has three funds –

- Good Memories – help the young women to remember birthday parties, daytrips etc.
- Hardship Fund – purchase items such as bus passes, uniforms, birth certificates.
- Moving On Fund – Pay deposits for university, meter bills, etc.

The charity tries to reconnect young women with their families. In 2020 they had 58 referrals and were able to support 22 of them. The average age was 17.2 years and 67% were from ethnic minorities. The average stay was 4.7 months; 12 moved to independent accommodation and 3 returned home.

They are currently refurbishing all the bedrooms. Funding from Manchester City Council pays 57% of the running costs but that leaves a short fall of £35,000. Comments from previous residents speak glowingly of how happy they were at Contact Hostel and how they were well supported.

Bob

## 17th March - Peking Garden, Bramhall tasting

When Michael first sent out the menu, he added the comment *“As you may deduce from the following menu, I would not advise eating beforehand (maybe for several days!!!)”*

Well that certainly applied in this house; one person finished the lot and went to bed feeling a little full, the other person was more restrained and ate just sufficient.

But wow the meal was superb, Wendy and I enjoy a Chinese meal but in this menu there were items we had not tried before and some which were just that bit different to what we have eaten in the past.

### Starter

Prawn crackers

Seaweed

Prawn & mango roll

Steamed beef & ginger spring onion dumpling

Steamed Siu Mai

Peking garden signature rib

Skewered chicken in satay sauce

### Main

Singapore vermicelli

Hong chow chicken

Beef in garlic with vegetables

Egg fried rice

Fortune cookie

For the record there were 35 people eating, in 20 households. We were joined on zoom by Vera and her boss from the Peking Garden Restaurant who gave a small comment on each of the items.

All the food was excellent. At the end of the evening the Singapore vermicelli was voted favourite main course, the vote for favourite starter was drowned out by voters and I could not hear the result.

Several people shared their Fortune Cookie, one person will have a good Friday, but we are not certain which Friday. Ours was *“A good example is the best sermon”*.

After food, Michael presented his quiz of 20 questions, these ranged from the simple – Tiananmen .....? to the intriguing

“What is Romanisation”? – answer – the representation of a Chinese word using the roman alphabet.

No one kept score and I think Harry claimed victory although in my mind the real winner was Michael for setting up the tasting with Pekin Garden and for his research into the quiz questions.

Thank you, Michael.

Next week we will be joined by Poynton Club when one of their members presents slides of his Amazon Expedition and I don't think we are talking about the online retailer

Report by John Sykes

## **24th March - Brian White - The Amazon**

The sole representative was David Freedman (Bramhall Resident) and one apology. Hasn't Broadband reached Poynton yet?

Chat time began with Ian dining in the dark, the Hills shivering due to no boiler and their source of heating was Dennis's blower which warmed Harry's legs I'm not sure about Maggie dressed in a fur coat. I can't imagine if Harry was to wear a kilt!

Then, IT Michael appeared as a static portrait which eventually was sorted and the real M appeared. Harry announced two birthdays Bob P and Robert C and several apologies and introduced Brian.

### **The Meeting**

From Bolton we met Barry White a Professional Photographer of great distinction. He always had a burning ambition as a child to explore the footsteps of David Livingstone and in 2008 made an eight weeks expedition to S. Africa Cape Town to Victoria Falls, Namibia and Botswana by land Rover and showed amazing photos of tribal people, wildlife and landscapes. Brian has been to many countries including S Asia, India, Central USA and Europe. He had always wanted to go to S America and after years of research he set off to Peru in 2011. The purpose of the 7-week trip through Bolivia and Peru was to explore the source of the Amazon and the rainforest and included a 5-mile climb to Machu Picchu. After 36 hours he boarded in guest house for 5 days in Iquitos a town, only accessible by river boat, to learn about the local culture and the area etc. and basic Spanish. He set off alone with a rucksack and a load of camera equipment. Brian began with a beautiful picture of sunrise on the Amazon on his first day. He then took us on the trek along the river into the cloud forest. Tonight's recording is worth watching as there was so many pictures of exotic birds, animals and Indigenous people.

He met an American Zoologist's wife and found a guide to steer him through the dense rainforest. At £70 a day he was provided with river transport, food, primitive tents and nets and wellies!

We were treated to many incredible photos taken with expensive cameras including digital methods. Brian explained his "pre-visionary principle " to wait for the perfect picture like specific angles and highlighting fine details without a background distraction.

Tonight's recording is worth watching to see his many fantastic pictures of exotic birds, animals and Indigenous people. He always asked permission when photographing people and especially children and found they were friendly and cooperative.

On returning to Iquitos, he showed pictures of the town iron houses built by rubber merchants and a colourful food market. It is interesting that the British stole rubber seeds to plant in Sri Lanka.

Brian was a commercial photographer doing weddings, portraits and magazines which financed his trips abroad. Around 2011 digital photography allowed everybody to become a photographer so he remained in this niche market.

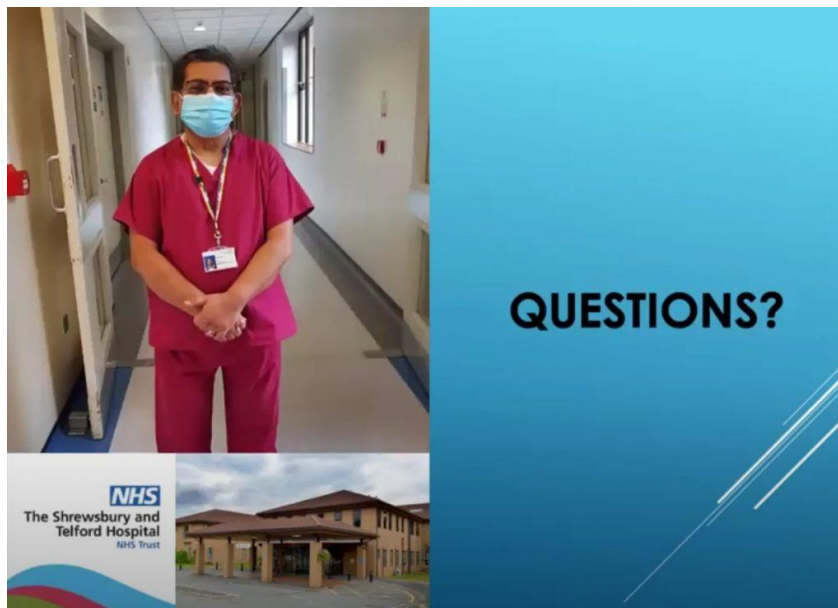
The evening finished about 9.25 with a private discussion, Harry, Jennifer and Brian about specifications of his very expensive cameras. I think I will keep my Brownie even though it is ancient!      David R



## 31st March - Dev – Covid 19 Experiences in the Front Line

### A warning from the writer of this bulletin:

In order to gain a much better understanding about covid-19, my advice to all those who did not attend last Wednesday's meeting, is to glance through my report very quickly and then watch Dev's full video presentation.



Another thought that comes to my mind is, “why is it necessary to write a bulletin, when the recording of the presentation is there for all to see!!” I may be missing something there.

A most interesting presentation. Dr Dev warned us that some of the material presented was a bit too technical and complicated for non-doctors to fully appreciate. I totally agree with him!!

There were circa 22 members attending the meeting.

Covid-19 originated in Wuhan, China in Late December 2019. There are currently 114 million people across the world infected with Covid and around 2.5 million of deaths worldwide.

**Dev's experience in Treating Covid patients** started in March 2020, when he was asked to cover a new ward converted into Covid ward equipped with CPAP (continuous positive air pressure) and HFNC (High Flow Nasal Canula) for high flow Oxygen. In April 2020 they were experiencing shortage of PPE. Serious cases were transferred to ITU and people started dying.

### **He gave us the definitions of:**

Endemic- infections persisting in communities.

Epidemic- large spread in a short period of time with high mortality.

Pandemic- Worldwide spread of infections with low mortality rate.

There seemed to be a correlation between mortality rate of the different viruses and the degree of infection. The higher the mortality the lower the spread of the disease.

### **Mortality rates:**

SARS 9.6%

MERS 34.3%

Covid-19 3.4%

### **How does it spread?**

- Close contact with other people
- Droplets when talking, coughing and so on
- Indoor spaces with poor ventilation
- Touching contaminated surfaces

### **How long does immunity last?**

Short lasting immunity like influenza.

### **Herd Immunity**

This is indirect protection when a large part of the population (70% +) becomes immune to infection. This can be achieved by large scale vaccination.

Dev referred to the different ventilation systems used to protect patients with Covid-19. The main ones used are CPAP in different formats and HFNC.

He spoke movingly about a number of his patients of ages ranging from 36 to 70 years old, with differing states of health and their outcomes. The despair of the relatives unable to see their loved ones and the patients desperate to see their families, the unpredictability of the illness, the disorientation of some patients and the bravery of the hospital personnel. Heart breaking stories, of ordinary people under extraordinary circumstances.

Dev listed the different variants of the disease circulating:

- Kent
- South African
- Brazil
- New York
- Finland

Some of the new variants are more virulent and more resistant to some of the vaccines currently available.

**But there is always HOPE!!!** He quoted extracts from speeches made by Charles De Gaulle (not an Anglophile!!), Dr Martin Luther King and to our amusement **Thanos!!** Good sense of Humour Dev!! Our Vaccine is where our hope lies. Dev paid tribute to Edward Jenner, the father of vaccines.

How do mRNA vaccines work? They carry genetic material that teaches cells to make a harmless piece of protein. Cells display this piece of spike protein on their surface and an immune response is triggered inside our bodies, producing antibodies to protect us from getting infected.

We have now two Authorised vaccines by MHRA (UK), the Pfizer and the Oxford AZ. According to studies on 6000,000 in Israel the Pfizer vaccine after two doses was very effective as follows:

- Reduced infections by 92%
- Reduced symptomatic disease by 94%
- Reduced hospitalisations by 87%

However, he concluded that unless Covid is eradicated worldwide no one is safe.

COVAX is requiring at least 2 billion doses of vaccines to distribute to 190 countries and has already raised 6 billion US dollars to cover that but it needs a further 2 billion dollars. The UK government has contributed \$ 734 million and the USA \$4 Billion.



Covid left a large number of people with a long list Long Covid symptoms but also according to Dev has had a positive effect:

- Building genuine relationships
- Innovation in software
- Valuing blue chip companies
- Flexible ways of working

A most informative presentation Dev and sorry for not being able to replicate the spirit of your talk.

Ari