

March 2024



Bramhall & Woodford Rotary Club

**1st January to
31st March**

Pats Prattle

Start of a New Year 2024

After a splendid festive season our Rotary calendar got off to a good start. We had a team from Hazel Grove High School entering our Youth Speaks Competition - a challenge for them and their oratory skills.

We also had a talk from Professor Stephen Preece about new treatments for people with chronic joint pain. We learnt that we all need to try and move more. With work revolving around computers it's not just older people in the community but also younger people who need this advice.

One of our annual events is a night out at Chads Theatre. This is always well supported by our club and friends and enjoyed by all who go.

Once into February we had a talk from Peter Wilkins "Blind Since Birth". It was truly inspirational and led to a lot of members asking questions at the end of his talk.

This time of year Wine Tasting always seems to find its way into the calendar. A very popular social event. I could describe every wine but will have to leave it to your imagination!

We had a good attendance at a talk by David Roche - The Role of Technology in Today's Hearing Healthcare. It amazed me how hearing aids have advanced in the last few years. I would say don't hesitate - don't struggle with hearing .

Presidents Night was a special night especially for me. We had entertainment from "Regent Big Band" making a fun evening and much enjoyed by all. Thanks to the Social team for getting the show on the road.

Need I just say Fashion Show!. What a fabulous evening held at Woodford Garden Centre This may be an annual event in the future due to response from all who attended.

Last night we had a talk from two of our members, Harry and Richard, on the latest trip to Uganda. We have had projects there for several years and it is rewarding to see the communities we support grow

I do think this has been an exceptional year for Bramhall and Woodford Rotary Club in all we do - and we do it to make doing what we do count.

President Pat

3 January - Committees

The year started off in fine style with 18 for the meal and two more members arriving afterwards.

1. Membership. Leslie reminded us that our Facebook page was working well. Indeed, potential new member Martin Belshaw responded to an invitation to join the club and was plunged into his first taste of our meetings!
2. A RIBI initiative, New Start (?), was being launched and may hold some new ideas for the club.
3. Secretary Michael and Sarah were looking at Instagram as a possible new way of publicising our activities.
4. Bob reminded us of the ongoing programme, with an early start on January 10th for Youth Speaks with pupils from Bramhall high School. A proposal to meet at the Alma Lodge for just 2 times a month was met with mixed feelings. After a discussion, it was agreed that from April we will have 2 normal meetings a month and one informal evening, all with meals at the Alma Lodge, and one external social evening.
5. Sue reviewed our social programme, which included the Float quiz, Chads, a wine tasting (at Michael's home) organised by Sarah on February 21st, and President's Night. Sue would love to have suggestions for future social events.
6. Maggie for Ways & Means was delighted with the success of the Christmas float and the Santa visits to Norcutts. The details of the 2024 Duck Race on May 19th remained unresolved. Planning was proceeding on the basis that we might only have access to the lower field in the Park. Other fund-raising events were being considered.
7. Harry reviewed the ongoing success of our Lend with Care activities, which had made 104 loans to struggling small overseas start up initiatives, all from our initial investment of £2000! Richard summarised the forthcoming visit of 6 members to Uganda in February, and requested donations of old mobile phones, fancy fabric items etc to help needy recipients.
8. Treasurer Steve announced that our General Account had £1511, and the Charity Account held £8032 of funds available for disposal. This latter sum was, of course, boosted by our recent Festive fund raising. All collecting groups with the Santa Float would receive £550.
9. Satish outlined the Youth Speaks rehearsal event on January 10th. Six pupils from Bramhall High School would be giving short talks.
10. Michael reminded us of the District Conference in Llandudno in May. More attendees would be welcome.

Dennis

10 January - Hazel Grove High School - Youth Speaks rehearsal

Dinner was served early tonight at 7pm to accommodate speakers from the local school. Nineteen Rotarians were joined by Sarah Graham, English teacher from Hazel Grove High School. Half-an-hour later three, 13-year-olds from the schools 'Youth Speaks' team arrived, and they were accompanied by one parent and one male teacher. Although the team were a little nervous, they were obviously well prepared for their first public speaking event and were made to feel at ease.

One of the three young ladies eloquently introduced the main speaker, Caitlyn. We were told that Caitlyn had a keen interest and passion for Greek mythology from a young age. She had a very strong belief that Shakespeare was highly influenced in his writing by Greek mythology and had read extensively about this link.

Caitlyn had carefully researched her speech and attempted to explain the connections between William Shakespeare's literature and Greek mythology. She spoke knowingly about Prometheus who was one of the Titans, the supreme trickster, and a god of fire. He was associated with fire and the creation of mortals. Caitlyn also referred to Pandora, creation of Greek mythology, the first human woman created on the instructions of Zeus. Caitlyn explained that several characters in A Midsummer Night's Dream are taken straight from mythology, two of which are Theseus and Hippolyta and are a shining example of Shakespeare's incorporation of mythology and literature in his works. This is also evident in his use of allusion to reference several myths of Roman and Greek Gods in his play Romeo and Juliet.

Caitlyn's talk was well presented, although rather dense in facts which made it difficult to capture it all succinctly. At the end of her talk the third young lady in the team gave a vote of thanks to Caitlyn, who she said had successfully demonstrated her extensive knowledge, love and passion for Greek mythology. There was much appreciative applause from the Rotarian audience and several kindly comments about how to improve before the final competition in Alderley Edge in two weeks' time. Bramhall & Woodford RC were thanked for sponsoring Hazel Grove High School 'Youth Speaks' team and everyone wished them well for the competition.

Sue Preece

17 January - Prof. Stephen Preece – New Treatments for People with Chronic Joint Pain

The meeting was opened by VP Lesley, standing in for President Pat.

After the apologies, Lesley welcomed the guests for the evening - Pam Malabon, Pam Lacey, Martin Belshaw, Moyra Cryer, Sally Mercer, Betty Allport, Trish Bristow and the speaker Professor Stephen Preece.

In the next few weeks, Stephen, Sue and Bob's son, will present his inaugural lecture as a Professor of Biomechanics & Rehabilitation at the University of Salford. He gave the members and guests in attendance a preview of his presentation entitled 'A new perspective on musculoskeletal pain'.

Stephen first gave us some insight into his personal journey to study in this field. It all started with an injured knee and two failed operations to repair the patella tendon. Inspired by fellow-physicist Fritjof Capra's call for systems thinking to be used more widely, he began to think about whether his and other's pain could be eased by not just focusing on the 'sick' part of the body but by looking at the bigger biomechanical picture.

Stephen joined the Centre for Human Movement and Rehabilitation at Salford in 2004.

His research has focused on musculoskeletal disorders (MSD) – particularly knee osteoarthritis and low back pain.

There are 1.7bn people worldwide with MSDs. And one third of NHS spend is on musculoskeletal conditions. Both these numbers are increasing with an aging population, but the post-COVID trend to home working may be accelerating the trend.

The 'usual' treatment in the UK for these conditions focuses just on the part of the body which is presenting the pain.

Professor Stephen believes that patients would benefit from his new approach Cognitive Muscular Therapy, which has both psychological and biomechanical aspects, and treats a problem with the whole body.

The hypothesis is that the problem has arisen because our bodies have not caught up with the evolutionary change in our lifestyles. We are 'farmers' and increasingly sedentary, while our bodies are still 'built' for being fluidly-mobile hunter-gatherers.

Stephen thinks this 'mismatch' could underlie much of our chronic musculoskeletal pain. Generally in modern lifestyles we have weak muscles due to inactivity and increased rates of obesity. Prolonged sitting and physical inactivity leads to unbalanced postural tone.

Unbalanced postural tone, from which we then overcompensate putting unnecessary strain on our bodies results in pain. Which, in turn, can make our bodies tenser, increasing the strain and thus the pain.

Cognitive Muscular Therapy (CMT) has two aims:

1. To reduce muscle overactivity and restore a more optimal balance of postural tone
2. To teach patients to change the way they think about and respond to pain (or anticipated pain)

Initial CMT trials conducted by Stephen and his team have shown very positive results. A 50+% reduction in pain from knee osteoarthritis and a 70+% reduction in low back pain. Patient testimonies have been strongly positive.

Physiotherapists can be trained to deliver CMT in a couple of days. They will need longer sessions with patients, which is not currently possible on the NHS. However this could change if results continue to show such a positive cost benefit analysis.

Stephen's team now plans to seek funding for larger rehabilitation trials with 300+ subjects and to see whether CMT can be used to treat other musculoskeletal disorders.

The Club had lots of questions for Stephen following his fascinating talk and wished him well with his upcoming lecture and continuing research.

The meeting finished with a toast to "Rotary and peace the world over."

24 January - Santa's Foat Teams Quiz Night

B&W Rotary Bulletin -24th January 2024 – Alma Lodge

There were 52 in attendance including guests from 6 float teams.

After the normal introductions by Pat, Lynn ran the quiz, ably assisted by Sue. The quiz was presented using the hotel's large TV screen connect to Lynn's laptop, making it much easier for those at the back of the packed room to see the questions and pictures.

There were 8 teams of varying numbers taking part in the quiz.

To add some fun, there were a few tweaks to the usual quiz rules. Teams were given a joker to play in one round. And to level the playing field a little for those non quizzers, teams had to announce which round number they wanted to use their joker, before the round topic was randomly picked from a bag by a member of the audience.



After 3 rounds there was a break for food (a sandwich and chips), followed by a further 3 rounds.

There was only enough time for 6 of the 8 rounds, leaving 2 for another event.

After recording the scores, Lynn announced Fourth Dimension as the winners and Sue gave out the prize. Shortly after, the room fell into laughter when Lynn had to announce that she had misread her spreadsheet and the winners were in fact The

Mill. Luckily the chocolates hadn't been opened! The wooden spoon went to the ladies from Hillbrook Grange.

Num.	Team Name	Joker	Rnd1	Rnd 2	Rnd3	Rnd4	Rnd5	Rnd6	Rnd7	Rnd8	Total
			WC	FnT	Wal	Ukg	FnD	GenK			
T9	The Mill	r5	10	8	9	9	16	13			65
T3	Jolly Sailors	r1	18	8	9	8	9	12			64
T5	Fourth Dimension	r4	7	9	10	16	8	12			62
T6	Not Prepared	r2	9	16	9	9	6	12			61
T7	Stumped	r2	7	14	9	8	9	13			60
T1	Numsculls	r4	6	7	8	16	10	12			59
T4	The Walthew Wonderers	r4	8	8	8	14	9	9			56
T8	Hillbrook Hillbillies	r4	6	7	9	10	3	10			45

The event appeared to be very successful and was closed just before 10.00pm by Lesley, who

also took a few minutes to promote our club and the different types of membership now available.

Lynn



26 January - CHADS Theatre Evening

Good time was had by all but no full report!

7 February - Committees

Hello Rotarians, It was committee night at the Alma Lodge. 16 Rotarians, 2 Visitors Nigel (Peter's son) and Martin. Lynn and Denise came after dinner. It was a Goodbye to Peter as he is going to live in Devon with his son and family. We wish him all the very best - one of life's true gentlemen. And a happy 90th birthday to a founding member John Meeus. Cake and presents were the order of the day and well deserved too. Satish announced that the Hazel Grove School Team we sponsored for Youth Speaks has made it through to the Final as best runner up - how brilliant. Committees gave their reports. The Secretary had nothing special to report but asked if a £1000.00 be allocated to End Polio Now. This will be finalized at the next Council meeting on Monday the 12th of February. The treasurer Has £1552.00 in the General Account and a healthy £8000.00 in the Charity account. On the PR front Michael has secured an article asking for new member in a local magazine. I, Lesley, also try to do a weekly Facebook round up to encourage people to ask and find more about joining rotary. Updates from Bob regarding club services. On the social front Sue is organizing new opportunities for the club, and Lynn has a few places left for the Wine tasting so come along and support please. Maggie on Ways and Means is creating our next event - a Fashion show at Notcutts and also the Duck race. David on community Services is having a meeting with our links at NHS stepping hill for proceeds of the Fashion show to be donated to one of their charities. International are mostly in Uganda but Dev gave a lovely speech in support of John's contribution to Rotary and our Club.

Signing off Lesley



14 February - Peter Wilkins – Blind Since Birth at Alma Lodge

Fourteen club members plus guests Terri Williams and Rotarian Roger Mellor of Poynton heard Peter Wilkins give an amazing talk on his experience of being blind from soon after birth as one of a set of quads, and taking on the whole world of electronic communication as it emerged, teaching himself each mode of communication to reach a standard of competence in all modalities far beyond that of any of his sighted listeners.

Educated in a series of schools and colleges for the blind as a boarder from the age of five he emerged aged eighteen to travel the country and world using electronic aids and a white cane, found employment as a secretary and communicator and problem solver in many different situations and organisations, married Linda, who is also blind, and they started life together relying on a kindly milkman to read their mail to them once a week before the revolution in communication provided them, in addition to existing Braille, audiotyping and touch-typing, with everything else that they, and a few of us take for granted.

Peter also told us about the many organisations, committees and magazines he belongs to, runs, or started, and told us about the way in which they managed a blind household. Sadly Linda took ill, was hospitalised and died without Peter being able to visit during the Covid pandemic, and he now continues alone in the astonishing world of self-reliance he has created during his lifetime. He kindly answered our many questions, and left us all wondering why we ever imagine our lives are difficult instead of meeting each challenge head-on and solving it as he does. He also offered to come back and explain all the techy stuff he mentioned in this talk on another occasion.

Roger asked us to be aware that Party in the Park is on June 8th this year, and Lesley offered our help if required.

Robert Cryer

21 February - Wine tasting

Wine Tasting
At
The Lacey Estate at 7pm

Hosted by Ms Sarah Ball
Chez Lacey (Mr Michael & Mrs Pam)

Attendees were:

Ladies:- Ms Bean, Ms Buckley, Ms Holmes, Mrs Malabon, Ms Stevenson, Ms Sally.

Gentlemen:- Mr Meuus, Mr Dobson, Mr Rose

Couples:- Mr & Mrs Dev, Mr Mehta & Jan, Mr & Mrs Monkhouse

We had the promise of:-

- 1 sparkling
- 2 white
- 3 red
- 2 bonus wines.

7.23 Ms Ball welcomed everyone and began to pour out the first white wine, ably assisted by Ms Bean (who was to be a brilliant sommelier throughout the evening)

7.25 After a show of hands Ms Ball said that this was the advanced class – so dispensed with the swirling, sniffing and slurping talk. We were to find out about four new things as we progressed through the tastings, namely rules v no rules, grape family ‘trees’, old/new world styles and value.

7.33 We progressed to the second sample and onwards

Ms Ball held the floor magnificently. She managed the cross room banter (the like of which we have not enjoyed since Mr (Sidney) Davies left us) admirably. Every question posed was answered without hesitation and, once again, demonstrated a great depth of knowledge.

9.25 The assembled imbibers retired to sample cheeses etc (and the remaining wines!) laid on by mine hosts ‘Chez Lacey’

Can we do it again please?

This is a list of the wines that were sampled along with a few notes from the writer. Too much was talked about to report in any depth.

The Society’s Saumur Brut NV, White, France. WS £10.76

“Gratien & Meyer make this excellent traditional method Saumur mainly from the chenin blanc grape. At Gratien, a little cabernet franc is also added to accentuate the wine's natural fruitiness. The result is a delicious sparkler, a little honeyed and round, yet dry, crisp and refreshing. The ideal party fizz.” (WS) We said:- A blended wine along with the same.type of comments.

The Society's Generation Series Macon-Villages 2022, White, France. WS £16.50

"This is an attractive and complex blend of different Mâcon villages with 8% oak-aged wine to contribute principally structure, not aroma, and 19% from a superior appellation included to augment the quality. 2022 is a warm year producing ripe yet fresh fruit with a melony character." (WS) We said:- A vintage chardonnay white burgundy.

Yalumba Y Series Viognier 2022, White, Australia. Majestic £10.99

"A fresh, light and creamy Viognier made by one of Australia's most respected winemakers." (MAJ) We said:- A vintage fruity wine.

The Society's Chinon 2022, Red, France. WS £9.95

"This deeply coloured cabernet franc has aromas and flavours of red and black fruits and a clean, juicy finish. The wine captures the fresh style of contemporary cabernet franc, and provides a match when enjoyed with classic bistro-style dishes like rotisserie chicken, rosemary-scented lamb cutlets, or a simple picnic of charcuterie and good cheese. Chill slightly to enjoy at its best!" (WS) We said:- A vintage wine along with the same.type of comments.

De Martino Legado Reserva Carmenere 2020, Red, Chile. WS £10.95

"Now picked a bit earlier with a degree less alcohol, this is cedary, fresh and savoury carmenère from Chile. This is produced from a vineyard in a cool spot for this variety, the Isla de Maipo, a bend in the river with well-drained gravel soils. It should mature very well, developing plummy and lead-pencil aromas with age." (WS) We said:- A single varietal not unlike a French merlot. New world v old world rules were discussed.

Kanonkop Pinotage 2020, Stellenbosch, South Africa. Red, Majestic £34.99

"Full-bodied and concentrated with lashings of spicy oak integrated seamlessly in with the ripe fruits, red and black berries, raspberry, plum and hints of banana." (MAJ) We said:- the grape variety was a crossing cultivar of the Pinot Noir and Cinsault, which was once known in South Africa as Hermitage

Tbilvino 'Qvevris' Rkatsiteli 2021, Orange, Georgia. Majestic £13.99

"Rkatsiteli is one of the oldest grapes in the world, traditional to Georgia. In this amber wine, you'll find notes of apricot and pear. Wonderful with barbequed lamb." (MAJ) We said:- An orange wine that was made from white grapes and fermented in amphorae.

Gonzalez Byass 'Noe' 30 year old Pedro Ximenez Sherry, Spain. Majestic £26.99

"Thick, sticky, luscious and viscous, this sherry is super-sweet yet hugely complex and involving. Flavours of dates, cinnamon, clove, treacle and caramel combine like, liquid Christmas pudding." (MAJ) We said:- Velvety, really nice over vanillan8ce cream. From Jerez.....yummy!!!

(Please note that wines supplied from The Wine Society (WS) may be ordered

through either Ms Ball or Mr Lacey as they are members. Prices shown are per bottle.)

Ian



28 February - Technology and hearing aids

Twenty four members and guests had a most interesting evening at the Alma Lodge. We were joined by DG Nominee Edwin Partridge, Peter Crossen, Trish Johnson and Pam Malabon. Our members recently returned from Uganda swelled the numbers!

Satish reminded us of the Youth Speaks final, in which a team from Bramhall High School were competing and Harry looked for more help at Walthew House for envelope stuffing on the 29th.

DG Nominee Edwin outlined his personal background and his aims as DG (to be in 2025), which included much more use of the Learning Centre.

Our speaker, David Roche, gave a stimulating summary of the increasingly sophisticated technology of hearing aids. Micro transistors, rechargeable aids and more were revolutionising what a hearing aid can now achieve. Mobile phones can be linked to aids to programme them. NHS provided aids were now using technology which only 5 years ago was only available from private providers. The most advanced aids can detect if a wearer had fallen and transmit the information to helpers. Some aids could even translate speech! Some devices can remind wearers to take their pills, can link to provision of music and much more. Hearing Aids are truly revolutionising the help given to wearers as the microtechnology develops. The talk stimulated many questions. A most interesting talk!

Dennis



8 March - President's Night

This was held at The Pinewood and was a great evening. Paul Harris awards were given to Peter Daniel, Tom Lloyd Jones and Harry Hill. The 18 piece Regent Big Band were fabulous and many danced the night away.



13 March - Committees

On Wednesday 13th March a very disappointing 12 members met at The Alma Lodge for our monthly Committee meeting. We were joined by one guest, Barbara Emberson, the first person to respond to our plea for new members in the free magazine SK Bramhall and Woodford. Barbara seemed to enjoy her visit and would fit in with ease should she decide to join us permanently. Lynn and Denise joined us after the meal which was a shame as they missed a particularly good selection of food with a very nice roast beef dinner and a lovely Malaysian veggie curry on the menu.

Michael as Secretary told us that he had joined the District Council zoom meeting having read the 51 page document which preceded it. He lasted 20 minutes. Enough said. He pointed out that we had not had our usual Friday email from Janice, our District Secretary as her husband was ill.

As our communications person he had been unable to write much more in his press release about the Duck Race than, 'There might be one', as final decisions could not be made by Council. Harry informed everyone that he would be meeting Peter Ashworth, Stockport Council's Conservation Officer next Friday and he would try to find out more about 'the big secret' surrounding The Hall and whether our Duck Race would be confined to the lower field or not. As enough Council members were present at the meeting and the matter was urgent, rather than waiting for Monday's Council meeting, we took a vote and agreed to purchase the ducks and start the ball rolling for booking all things necessary for the Duck Race.

As treasurer, Steve reported that we had £1,542.09 in the General Account.

We have donated £1000 to End Polio Now,

£1000 to Hillbrook Grange as a thank you for the loan of their garage for two years,

£750 to Stepping Hill Hospital for a television to be placed on the Maternity wards,

£750 to fund stand pipes bringing fresh water to Lhuwhawha

and £1000 with Macclesfield Castle Club, Lamplighters and Cheadle Royal giving the same amount, to fund a minibus to help carry provisions to the front line in Ukraine. It will not be used to transport troops.

This leaves us with a balance of £4,500 though there will now be some expenditure for the Duck Race. £3,500 is still tucked away for float repairs.

Bob P told us that our programme was fully booked for April and that he hopes to book the organiser of the mini bus for Ukraine for a future meeting.

He was happy to hear that everyone was pleased with our new meeting place and that on the whole the meals were good. Michael reminded us that if you have ordered a meal and then cannot attend you must cancel it.

Lynn for Social reminded us that the trip to Avro was on Thursday 18th April and there was a buffet lunch as well as a tour of the exhibits. She still has 5 or 6 places to fill if anyone else is interested.

Satish stood in for David for Community Services. He told us that the 3 young ladies from Cheadle Hulme High School who practised their entry to the Youth Speaks

competition on us refused our offer of transport costs to the competition and so Pat and Satish would be presenting them with £50.00 worth of book tokens each instead. David has met with Kate, the fundraiser at Stepping Hill to discuss viewing the visitors room on the Tree House wards which we refurbished when the matron if free.

Harry for International told us that we had around £90.00 in the Lend With Care account and we continue to help people set up small businesses.

He spoke briefly of his trip to Uganda but the full account will come at the end of the month with photos.

He viewed the fence which around Richard's school in Jinja, which we paid for, the water stand pipes which we bought for the Kampala slum and the stand pipes bringing fresh water to Lhuwhawha, Richard's Good Shepherd School for disabled children in Fort Portal and William Bwambale's FREE school which had just opened and and increased its numbers from 50 to 225 in the first few days, so our money is being well used. Harry warned that he might be asking for support for the free school in the future.

Those who went on our last trip to Uganda may be interested to know that much has happened in Kasese. It is now a much more modern town with metalled roads and street lights.

Maggie for Ways and Means reminded everyone that we still have lots of seats to sell for the fashion show at Notcutts on 20th and that all donations of raffle prizes would be very welcome.

The application for our Duck Race on 19th May was passed by the area committee of Stockport Council this week but we still don't know whether we will be confined to the lower area or have the whole park.

The Ways and Means committee discussed the possibility of another Fiesta type event in the Village Square as Richard has offered the use of one of his two bands for an event, possibly a little earlier this year and without our own bar.

AOB

Maggie let everyone know that the Paul Harris awards given to Peter Daniel, Tom Lloyd Jones and Harry at President's night were all greatly appreciated especially by Pete despite the lack of a microphone and a poorly designed room which made the presentation not quite up to standard.

Pat reminded everyone that her son had taken up a very tough challenge in order to raise £5,000 for the charity Crisis and to raise awareness of mental health and asked for members' support.

Maggie.

20 March - Fashion Show

Notcutts Garden Centre, Woodford. What an incredible night!! So many positive

things, but below are the headlines:

- Our 93 guests were greeted by Notcutts' staff with a glass of fizz and the coffee bar was open serving bottled beer and wine throughout the evening.
 - The two-course meal was as fresh as could be as everything was cooked on site that day. Many guests later went out of their way to come and say just how delicious everything was.
 - Laura entertained us throughout the meal with her extensive range of music.
 - Ian announced the start of the fashion show at 8.30 and narrated the finer details of each of the Modiste outfits worn by our ladies. He had extra work to do because, I believe for the first time, our ladies were accompanied by male models. Yes, what a treat, we had men modelling outfits from Freedmans Menswear of Stockport. Outfits of note included a grey morning suit worn by our very own John Meeus and a gent wearing a beautiful Lindsay Clan tartan kilt. (photos available separately).
 - Denise and I spent the evening gliding around the room selling raffle tickets and to give Ian's voice a well-earned break, Denise announced the winning tickets for the extensive variety of prizes that I had collected from Maggie earlier in the day. People had been so generous giving some 36 gifts in all. The raffle raised £520 for our chosen charity – North West Air Ambulance.
 - Notcutts Garden Centre was a new venue for us and turned out to be absolutely superb in so many ways. They had removed the plant dividers to give a beautiful open room, ensuring all guests could see every model from the moment they walked out. The tables had been repositioned in such a way to give the models a clear runway around the room.
- As Notcutts don't usually open in the evening, they were dealing with a different type of event and Jonathan Tew his staff were so well prepared and attentive throughout the evening, I am sure we will be back in the not-too-distant future.
- The evening ended on a very high note around 10.00pm

Lynn



27 March - The Uganda Trip

This was possibly our best attended ever "normal" meeting - certainly for a very long time. At the start there were about 30 present with several joining later - maybe 36 in total.

Before the meal we had a chance to browse lots of Harry's wildlife photos - and very good they were. After the usual rather nice meal (yummy fish and chips!) Richard and Harry gave an illustrated presentation of the club's visit to Uganda - not 100% sure who went but as well as the presenters there were at least Tony, Denise and Ashok.

The presentation started with facts about Uganda - lots including 46m population, 81% subsistence farmers and 1.4m refugees. Overall a poor, young, expanding country. They then showed an overview of the routes taken and places stayed in (both different for Richard v Harry/Tony). There were some rather nice places with great views, wildlife, great food and considerable comfort - this was not a hardship trip! Even good wifi!

The main part of the session was about projects which we have been involved in:

1. Kosovo water project providing clean water to 11,000 people. Done with Glossop Rotary
2. St Francis de Sales School. A special needs school
3. Luhuwahwa model village where we have been involved for a long time on several projects. Harry contrasted this village which has very widespread housing with a typical UK village of pub, church a shop or two and houses very close by.
4. Dokolo Girls School. In Uganda only about 1 in 3 girls go to school. This school has a fantastic girls football team. Although playing barefoot (we have now supplied boots) they have won competitions .
5. Rotary Kasese and Williams School. Two things - a facility similar to the well known Jaipur Limbs project and a very new free school (both the private sector and state schools in Uganda have fees). The new school acquired 220 pupils in just days. This may be one for us to support in the future.

In these visits they met lots of great Rotary people who were noticeably much younger than us.

On the wildlife front there was much to see and photograph including jackal, rhino, monkeys, baboons, giraffe, kites and bee eaters.

The talk concluded with the slide showing "Uganda the Pearl of Africa"

The Q&A session covered many topics including:

Economy

Security

Second hand bra crime

Recent violence

Poaching

Not politics! Michael