



The Cog

Newsletter of the Rotary Club of Lutterworth

Issue No: 143

Driving the wheel of fellowship

February '17 Newsletter

February

Speaker Finder Grace & Thanks

Monday 6th Normal Meeting John Roberson Sally Hollis

Tuesday 7th Council Meeting 7-30 p.m.

Monday 13th Business Meeting

Monday 20th Normal Meeting David Ayres Rose Chapman

Monday 27th Normal Meeting Roger Rose Philip Duncan

March

Monday 6th Normal Meeting Bridget Hunt John Wells

Thursday 9th Council Meeting 7-30 p.m.

Monday 13th Business Meeting

Monday 20th Normal Meeting Philip Duncan Martin Iliffe

If you are unable to carry out your 'duty' please find a substitute and tell **David Ayres** Tel: 01455 202224 email ayres4feet@btinternet.com

Monday www.lutterworthrotary.org.uk 27th Normal

Wishing Well - Water Aid Collection

The collection from the Wishing Well prior to Christmas was a welcome £156-32

Frank Bear in South Africa



Rose—Graham—Anne Thompson (Rose's sister)
From Rotary Club of Hibiscus Coast (Margate and Uvongo)
together with his penguin friends

Cape Point is the most south western corner of South Africa at the end of a peninsula shown on the map.

Cape Point is in the Cape of Good Hope nature reserve within the Table Mountain National Park and is a World Heritage Site.

Its history is to found in sailors trying to find a route to the East instigated by Prince Henry the navigator. The Portuguese explorer Bartolomeu Dias was the first to round the Peninsula in 1488 who named it the "Cape of Storms". Ten years later Vasco da Gama navigated the same route successfully opening a new trading route for Europe with India and the Far East. Because of the stormy weather many lighthouses were built in the area the first being built in 1859 on Da Gama Peak the summit of Cape Point 238 metres above sea level—which I'm sure Frank was interested in. Graham - Frank and Rose will



tell you more when they return from their exciting trip.

Knitted Teddy Bears

Mrs Margaret Matthews was invited to the Lutterworth Rotary Club Christmas Lunch at the Greyhound as a thank you for her contribution to the Teddies for Traumas project. Since the beginning she has knitted an amazing 572 teddies and carrying bags for them all. A truly wonderful achievement.

Graham and Rose have taken teddies to South Africa for Rose's sister to distribute so a thank you is also due to them.



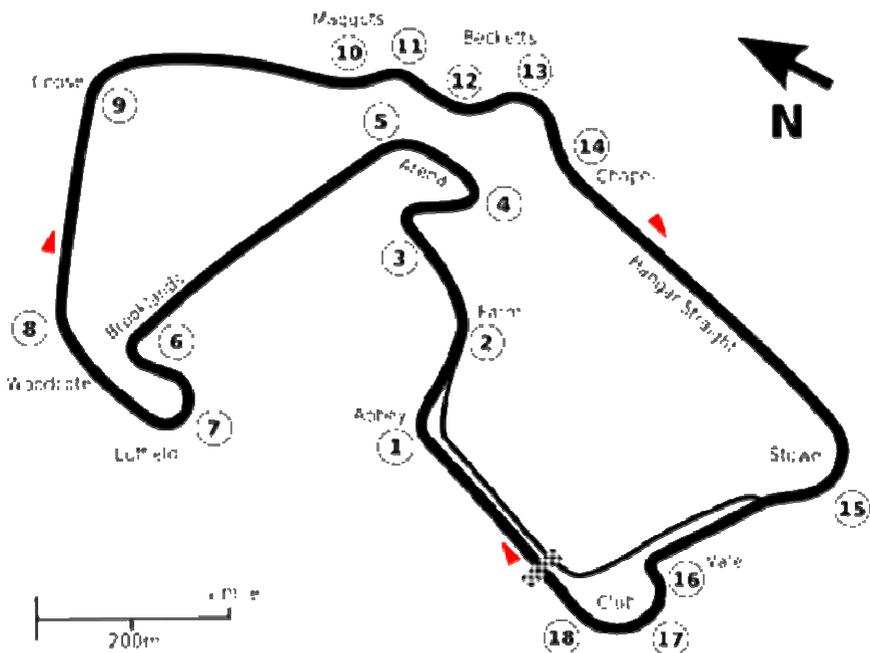
Marshalling at Silverstone

16th January '17

Allan Heggs a volunteer marshal at Silverstone—our speaker at our joint meeting with Wycliffe Rotary, gave us a very full and detailed talk on what was required to be a marshal there. Motor sports events at Silverstone always need volunteers to ensure that they run both smoothly and safely.

Marshalls are a vital part of the pits, paddock and trackside team (*many more than the number of competitors*).

His talk and enthusiasm far outweighed the space I have to fully cover the subject. As a marshal you would usually start as track based learning the skills needed (*including fire fighting*).



He explained many of the roles you could get involved with:-

1. Incident marshalling (Crash).
2. Flag Marshalling - *communicating risk hazards quickly and efficiently to drivers.*

3. Assembly/paddock - *ensuring the correct drivers get safely and efficiently out on the circuit for both practice and race.*
4. Start line - *ensuring the safety of grid positions.*
5. Plus many other - *rescue and recovery practices to ensure there are minimum delays in running the race.*

Training involves a combination of classroom and practical sessions and are held throughout the year.

Their rules for security on the site are that you must obtain the appropriate passes to cover the areas you are marshalling, not forgetting the toilet because without this pass you will not be able to use them!

He then went on to show us some of the specialised clothing needed for the job you have been assigned all of which is as a volunteer at your expense. Not cheap but exciting to be involved.



Prison Independent Monitoring Board (IMB)

Jan Newmam our speaker gave us a full and detailed talk on the work of the Independent Monitoring Board (IMB) who are independent unpaid volunteers who work for the prison service. Their role is to monitor the day to day life of their local prison.

Inside every prison, immigration removal centre and some short term holding facilities at airports, there is an Independent Monitoring Board (IMB) – a group of ordinary members of the public doing an extraordinary job.



HMP Belmarsh

IMB members are independent, unpaid and work an average of 2 to 3 days per month. Their role is to monitor the day-to-day life in their local prison or removal centre and ensure that proper standards of care and decency are maintained.

Members have unrestricted access to their local prison or immigration detention centre at any time and can talk to any prisoner or detainee they wish to, out of sight and hearing of a members of staff if necessary. A typical monitoring visit, for example, might include time spent in the kitchens, workshops, accommodation blocks, recreation areas, healthcare centre and chaplaincy but never access to the prisoner's cell.

Board members also play an important role in dealing with problems inside the establishment. If a prisoner or detainee has an issue that he or she has been unable to resolve through the usual internal channels, he or she can put in a confidential request to see a member of the IMB. Problems might include concerns over lost property, visits from family or friends, special religious or cultural requirements, or even serious allegations such as bullying.

If something serious happens at the establishment, for example a riot or a death in custody, representatives of the board may be called in to attend and observe the way in which the situation is handled.

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Here is something of interest and related to days long ago.

There is an old Pub in Marble Arch, London which used to have a gallows adjacent to it. Prisoners were taken to the gallows, (after a fair trial of course) to be hung.

The horse drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like **"one last drink"**. If he said **"yes"**, it was referred to as **one for the road**. If he declined, that prisoner **was on the wagon**.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Raining Cats and Dogs

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, many cats and other small animals (mice bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying **"It's raining cats and dogs"**.

How Big is Big

Estimated size of an Iceberg, *(1,930 square miles)* larger than the state of Delaware, that is set to break off from a giant Ice Shelf in Antarctica.
Source "Time Magazine"

Future Events

Wycliffe 30th Charter Monday 6th February 7.30 pm at Wycliffe Rooms Lutterworth.

Skittles Evening Thursday 9th February at Wolvey Bowls Club 7 - for 7.30 pm

Lutterworth Big Indoor Bike Ride Sunday 5th March at Lutterworth Sports Centre - 12 noon to 6 pm.

'Spin into Spring'

Following the success of its Big Bike Ride in August, Lutterworth Rotary Club is teaming up with keen local cyclist and 'spinning' instructor Richard Stannard to encourage anyone who has ever ridden a bike [& those who can't] to 'Spin into Spring' with him at the **Lutterworth Sports Centre** on **Sunday 5th March**. Using the Sports Centre's 40 static bikes Richard will be running 6 one hour sessions [12 noon-6pm] and taking riders on a 'taster' of some of the most famous stages of the Tour de France. For those who are regular cyclists this will be an ideal workout in preparation for a spring & summer of 'real' cycling, culminating in the 6th Lutterworth Big Bike Ride to be held again in August. The sessions are, suitable for everyone as you take the route at your own pace and do just as much as you want.

As well as being an enjoyable opportunity to get and keep fit, the event is also being used to raise funds for the Cystic Fibrosis Trust & for charities at home and abroad that are supported by Lutterworth Rotary Club. The entry charge for taking part in each of the one hour sessions is £10.



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