

Issue No: 157

Driving the wheel of fellowship

April '18 Newsletter

Programme for the next two months.

<u>April</u>	<u>Speaker FINDER</u>	<u>Grace & Thanks</u>
Monday 2nd	Easter Monday Bank Holiday	No Meeting
Monday 9th	Normal Meeting Peter Osborn	John Turner
Thursday 12th	Council Meeting 7-30 p.m.	
Monday 16th	Business Meeting	
Monday 23rd	Normal Meeting David Toone	Mark Thompson
Monday 30th	Normal Meeting Bernard Johnson	Sue Poslethwaite
 <u>May</u>		
Monday 7th	Early Spring Bank Holiday	No Meeting
Thursday 10th	Council Meeting 7-30 p.m.	
Monday 14th	AGM and Business Meeting	
Monday 21st	Normal Meeting Hugh Robertson Smith	Elaine Turner
Monday 28th	Spring Bank Holiday	No Meeting

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

Proceeds from "The Wishing Well"

The Wishing Well was last emptied on 13th February giving us **£161—22**

Plus

Euro 5.06 = £4.45

Old French Franc 0.50 = 5p

Swiss Franc 0.25 = 2p

Canada 10 cents = 6p

Indonesian Republic 1000 Rupiah = 5p

It was previously emptied on 15 May 2017 giving £112—39

The monies all going to "Water Aid"

What is a Liquid Biopsy - Monday 26th February

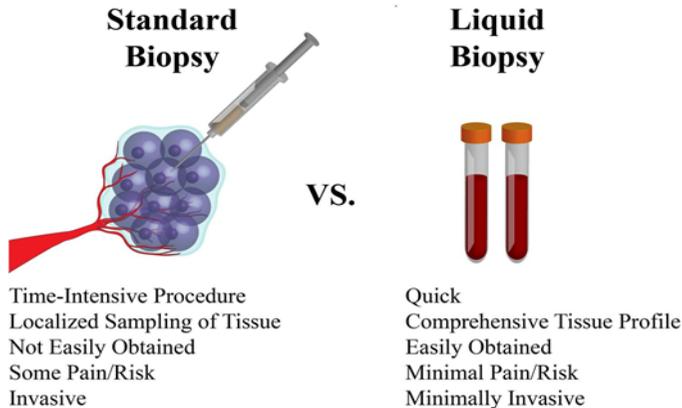
Dr. Mark Openshaw from the Oncology Unit of the LRI (*the study and treatment of Tumours*) and financially supported by The Hope Charity for his Phd spoke to us about the progress being made in the field of Liquid Biopsies exploring different avenues of research.

As a doctor he is often asked – is the tumour growing after surgery to which he and colleagues can't give a positive answer due to the nature of the cancer.

When asked which disease is the greatest problem to length of life Pneumonia is the main killer followed by Dementia at this present time.

Circulating, cell-free nucleic acids have emerged as important biomarkers in cancer and clinical diagnostics and detection of various clinical conditions. Translational genomic research is utilizing cell-free DNA (cfDNA) to monitor personalized therapies based on specific tumour profiles. In order to research this valuable information, it is critical to be able to detect the low levels of cfDNA from whole blood samples.

Liquid biopsy is a test done on a sample of blood to look for cancer cells from a tumour that are circulating in the blood or for pieces of DNA from tumour cells that are in the blood. A **liquid biopsy** may be used to help find cancer at an early stage.



Share & Care Group

Monday 5th March

Today's guest Speaker was accompanied by Nigel Bones of Wycliffe Rotary Club.

Professor Jackie Parkes came to tell us about Lutterworth Care & Share Group and her concern for the welfare of people with dementia and their carers.

Jackie has a background of mental health nursing and is at present Professor of Applied Mental Health at Northampton University. In the course of her talk told us about the incidence of dementia in the population, the variety of causes and the different effects that are experienced by sufferers.

Lutterworth Share & Care Group was started in 2015 as a means of bringing people together to provide support, information, and sharing company with stimulating activities to improve the lives of people suffering dementia and their carers. There is now a programme involving several days each week. Nigel showed a video which included scenes of these activities. Jackie explained future developments for the group which will lead to raising awareness so that Lutterworth gains "dementia friendly community status."

This talk showed how to apply a positive approach towards this sad condition.

For more information see the website:

www.lutterworthshareandcare.org

Jackie can be contacted at: jackie.parkes@outlook.com

Big Indoor Bike Ride

Sunday March 4th 2018

Lutterworth Sports Centre played host [for a second year] on Sunday March 4th to Lutterworth Rotary Club's 'Spin into Spring' Indoor Cycling event. The club teamed up with spinning instructor Richard Stannard to run six one hour spinning sessions giving cyclists a 'virtual trip' around some of the world's more famous cycle rides, all with musical accompaniment. The event itself was a fundraiser for the Cystic Fibrosis Trust, the Stroke Association & other Rotary supported charities.



There was a great response, with entries for over 170 time slots ranging from people who had never stepped onto a static bike before to others who were used to cycling marathons and had booked to ride for all six hours.

Entrants were plied with free refreshments and responded generously

by supporting the raffle, cake stall and 100 square competitions. A physio was on hand to revive flagging legs and the whole afternoon proved to be great fun for those involved. In recognition of his outstanding contribution to the development of spinning at the Sports Centre, Richard was presented, at the end of the event, with Honorary Life Membership of the Centre by Councillor Mark Bannister, Leader of Harborough District Council.

It is expected that approx. £2,400 will have been raised for the nominated charities. Particular thanks are due to the management and staff of Lutterworth Sports Centre for providing the venue and for all their support in its delivery. Thanks also to Radio Leicester for including the event as its final destination for the week's Sunday morning show, 'Clueless'. The next Rotary Club cycle event will be the **Lutterworth Big [Outdoor] Bike Ride** which this year will be held on **Sunday 19th August** and will be based, as usual, at Misterton Hall, just outside Lutterworth.

Lutterworth Rotary Club's 65th Anniversary Charter Dinner 9th March 2018

Lutterworth Rotary celebrated their 65th Anniversary Charter on Friday 9th March at the Lutterworth Golf Club where in excess of 80 members and guests celebrated the occasion in style.

Our various speakers – Christine Davies (District Governor) and Alberto Costa MP congratulated the club on our activities in the local community over the past 5 years since we celebrated our 60th Charter. They went on to congratulate the club on a thriving membership and a range of projects currently being undertaken under the presidency of our current President John Howell.

The meal provided by the Golf Club was excellent as usual along with the service the staff provided. During the evening seven members of the club were presented with certificates denoting their membership over very many



years which included:-

David Haynes & Graham Johnson(40 yrs.)

Steve Tallis (35 yrs.)

Bernard Johnson (35 yrs.)

John Wells (35 yrs.)

Philip Duncan (35 yrs.) & Tom Dalby (35 yrs.) but unable to be with us on the night.

Sheila Howell (wife of our President) introduced us to an excellent evening by playing some well chosen music as members and guests arrived which set us off to a well organised and smooth running evening appreciated by all who went. An enjoyable evening amongst friends.



Santa Fun Run Cheque Presentation Wednesday 21st March

The Joint Rotary Clubs of Lutterworth held their annual Presentation Evening at the Recreation Ground Pavilion when charities that had benefitted from the pre-Christmas Santa Fun Run received their cheques. The 2017 event had attracted 660 entrants who, between them, raised over £7,000. This year's total takes the amount raised for good causes over the last nine years to a figure in excess of £100,000.

On the night cheques were presented to:

- Air Ambulance DLR. £ 1,350
- Rainbows Children's Hospice £1,000
- British Heart Foundation [Leics & Northants] £760
- Home-Start - South Leics. £310
- Home Start – Blaby/Wigston/Oadby £310

- Lutterworth Museum £620
- Rotary Club of Lutterworth charities £350
- Rotary Club of Lutterworth Wycliffe charities £350
- Age Concern – Lutterworth & District £870
- Lutterworth & Villages Food-bank £640
- Lutterworth Share & Care Group £210

In addition to the cheques presented, donations totalling £600 were also given to local community groups which supported the event.

Eddie Hemsley, speaking for the organising committee, thanked all those individuals & groups who had made the event possible through their gifts of time, money or materials. Without the support of local businesses & other organisations the event would be impossible to stage. However, despite the recent growth of local competition & the fact that this was the ninth running of the event, the Santa Fun Run had, yet again, proved to be a great success and some very worthwhile causes had achieved significant benefit. The committee confirmed that the 2018 Santa Fun Run would take place this year on Sunday 2nd December. As in previous years it will be on the Sunday following the Christmas Lights Switch-On on Friday 30th November. Volunteers are always being sought to help with the event, particularly marshalling. If you are interested then please contact John Turner on 554455.

Medicine to Music

Tony Kingston 19th March

I was born in Northampton General Hospital . My father was from Northampton and my mother from Bradford . Dad worked for Marks and Spencer which involved moving town with each of his promotions. I went to primary school in Bradford, secondary school in Sheffield and studied Veterinary Science at Bristol .

It was in Bristol where I met my wife to be when I needed someone to share the cost of the journeys home to Grimsby. My first job was in Sunderland followed by Derby before settling in a mixed practice in Rugby. As one of my ex partners has already given a talk about our old practice and rather

than go over the same ground I shall tell you a little about one of my retirement projects , learning to play the trombone .

My wife decided to follow my daughter 's example and learn to play the saxophone. Several years later when I had retired and she was struggling with ill health I decided to learn to play an instrument , so we would have something we could do together while at the same time I could give her some support with her music. I asked my friends what to play and was given a trombone to try. Five years later I am finally starting to get somewhere ! It took two years to get all the notes and another two to get them in the right order (most of the time) Growing up I spent a lot of time listening to my parent's records of big band music and later on I found I still liked the style. I was also a fan of film music so that when I heard of an orchestra being set up in Worcester, Gill and I decided to get involved .

Learning the trombone was quite difficult but very rewarding and now gives me a lot of enjoyment playing in bands and orchestras along with my wife. Film music unusually has a place in the orchestra for a saxophone as well as a trombone so we can play music together in both an orchestra and a wind band. We now play in an orchestra (most instruments) , two wind bands (orchestra minus strings), a jazz band (big band format of trumpets/trombones/saxophones/ rhythm section/guitar /keyboard etc.) on a regular basis . Amateur music in this country is largely funded by the subscriptions of the band or orchestra members plus any receipts from ticket sales. No one makes any money themselves as it all goes to pay for the cost of the group ie. purchase of music , payment for the conductor , cost of hiring a rehearsal room / performance venue and other running costs .

Future Events

Misterton Plant, Craft and Food Fair Sunday 13th May.

Big Bike Ride Sunday 19th August.

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