



Issue No. 180

Driving the wheel of fellowship

March '20 Newsletter

Programme for the next two months.

15th ANNIVERSARY MARCH 2020

March

Speaker Finder Grace & Thanks

Monday	2nd	Normal Meeting	Rose Chapman	John Wells
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 Walton	David Ayres
Monday	30th	Normal Meeting	Bernard Johnson	John Howell

April

Monday	6th	Normal Meeting	Mike Toone	Sue Sharp
Thursday	9th	Council Meeting	7-30 p.m.	
Monday	13th	Easter Monday	No Meeting	
Monday	20th	Business Meeting		
Monday	27th	Normal Meeting	Sally Parkinson	John Roberson

If you are unable to carry out your 'duty' please find a substitute and tell **John Howell** Tel: 01455 553209 email sheila.m.howell@hotmail.co.uk

Apologies

In the February COG the article on “**Cystic Fibrosis Cheque Presentation**” says **the disease does NOT shorten life expectancy.**

This **error** was not picked up prior to printing for which I’m sorry.

Yes it IS “Life shortening”

Water Aid

Breaking News from Water Aids regular letter.

What seems impossible becomes possible.

For the first time in history, 9 out of 10 people in the world have clean water. This shows astonishing progress, yet over 800 children will still die today and every day because they are forced to drink dirty water.

We, as Lutterworth Rotary, have used the Greyhound Wishing Well for collecting money for Water Aid since September 2012 and guess who was our first contributor?

You are right- *duly recorded in October 2012’s COG* - our ever smiling Beata from the Greyhound.

A few statistics on Water Aid you may be interested in are -

844 million people don’t have clean water close to home.

2•3 billion people don’t have a decent toilet of their own.

31% of schools don’t have clean water.

Every minute a new born dies from infection caused by lack of safe water and an unclean environment.



Diarrhoea caused by dirty water and poor toilets kills a child under 5 every 2 minutes.

Around the world up to 443 million school days are lost every year because of water-related illness.

Every \$1 invested in water and toilets return an average of \$4 in increased productivity.

Like the eradication of Polio Project Rotary are involved in - the eradication of dirty water and in the provision of clean toilets is very important. A mammoth task but not impossible.

Wolvey Skittles Evening—7th February

We must thank both David and Anne Toone for a splendid evening at the Wolvey Bowls Club *which has become an Annual event* in aid of "the eradication of Polio".

Sixty Seven members, including friends and supported by Wycliffe Rotary Club were present.

The food - fish & chips, chicken & chips and a vegetarian dish were up to the Bowling Club's high standard.

£800 was made for Polio which included £300 on the raffle.



Frank on the move again

Along with Elaine's knitted teddies Frank had itchy feet to go abroad and is currently on holiday with Mike Toone in South America.

Elaine's Teddies get around the world

Over the past 8/9 years the Club through Elaine Turner and her knitters have produced over 8,000 knitted teddies which have been sent all around the world.

One of the recent consignments has been sent to Mercy Ships a medical ship servicing West Africa where they are being used to speed up recovery of young children who have just received surgery.

In many cases the teddy is the first toy they have ever had. You can see the joy they show in receiving them.

Antibullying Help in Lutterworth by Denise Ristimaa

Bullying affects both children and adults. It causes fear, depression, mental health problems and in severe cases can lead to suicide. Fortunately in the Harborough district there is help from a local charity called HAB-Antibullying with volunteers in several areas including Lutterworth.

Children can experience physical bullying at school by assaults and emotionally through teasing, name calling and on line offence.

Parents need to recognise the signs as their child often will not confide in them but ripped clothing, not wishing to go to school, loss of appetite, nightmares, crying or depression are all pointers.

Workplace bullying can come from colleagues and superiors. It may be unlawful in certain circumstances such as when related to race, age, sex or disability for example. It is advisable to report bullying to a manager, HR department or a trade union representative.

HAB-Antibullying offer help, advice and support to anyone who is going through bullying and the effects it can cause. They assist and attend meetings with parents and individuals in schools and

the workplace.

In addition they offer activity sessions for clubs and school and provide grants for counselling to help those affected by bullying. The cost of the grants is provided through donations and fund raising events.

Cyber bullying is not always obvious so parents are given help to set boundaries with technology at home and how to handle being bullied at school.

Anyone may get in touch and the charity has several platforms

for contact: www.hab-antibullying.com,

e-mail marie@hab-antibullying.com,

facebook- Hab-Antibullying,

twitter- @habantibullying and

Instagram- @harboroughantibullying,

Tel:- 07432476339

For those who take Pills

Ode to a Pill



Little pill here in my hand
I wonder how you understand
Just what to do or where to go
To stop then ache that hurts me so

Within your content lies relief,
You work alone in disbelief,
You sink in regions there below
As down my throat you quickly go!

But what I wonder, little pill,
Is how you know where I am ill
And just how do you really know
Exactly where you have to go?

I have a headache, that is true,
My broken ribs need attention too!
So how can anything so small
End my aches in no time at all?

Do you work alone or hire a crew
To do the good things that you do?
I'm counting on you mighty strong
To get to there, where you belong.

Don't let me down, please do not shirk
To do your undercover work
So down my throat, be on your way
And end my aches for another day.
Don't take a wrong turn is my plea...
I can't take another until after three.

Spinning Big Indoor Bike Ride Sunday February 23rd

Lutterworth Sports Centre played host [for a fourth year] on Sunday February 23th to Lutterworth Rotary Club's 'Spin into Spring' Indoor Cycling event. The club teamed up again 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, Macmillan Cancer Support & other Rotary supported charities.



The event itself was a fundraiser for the Cystic Fibrosis Trust, Macmillan Cancer Support & other Rotary supported charities.

There was a great response, with entries for well over 100 time slots from people ranging from those 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 there was a great atmosphere in the Sports Centre for the whole afternoon.

President of Lutterworth Rotary Club, Sally Hollis, said 'The Indoor Bike Ride has been a great event to be involved in again. Not only does it raise a lot of money for some good causes but it encourages people to keep fit and acts as another way in which the community can come together & have some fun'.

It is expected that over £2,000 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.

The next Rotary Club cycle event will be the **Lutterworth Big [Outdoor] Bike Ride** which this year is provisionally booked to be held on **Sunday 16th August** and will be based, as usual, at Misterton Hall, just outside Lutterworth.

Pharmacy 24th February

Kris Vyas from Fortnums Chemist was our speaker who spoke to us about pharmacy.

He started his talk by defining what pharmacy was:-

Pharmacy is the science and technique of preparing, dispensing, and reviewing drugs and providing additional clinical services.

It is a health profession that links health sciences with pharmaceutical sciences and aims to ensure the safe, effective, and affordable use of drugs.

He went on to say that although your GP prescribed drugs the pharmacist was a specialist in their field on drugs and monitored what the patient was being given along with new drugs coming on the market.

When asked whether they could raise prescriptions along with Doctors he replied **no** but did liaise with Doctors if they felt there was a better drug on the market to the one prescribed.

100 Club winners

No. 41 £10 Mark Thompson

No. 80 £15 Debbie Bradshaw Greyhound

No. 85 £25 Tom Mc Dermott Greyhound

Future Events

Monday 9th March

Talk on Mercy Hospital Ship by Martin and Joy Bush from Mercy Ships.

V E Day Celebration - 8th May at Bruntingthorpe

Misterton Plant - Craft and Food Fare 17th May

Summer is a state of mind!!