



Issue No: 183

Driving the wheel of fellowship

Mid May '20 Newsletter

Programme for the next two months.

Speaker Finder Grace & Thanks

June

Monday 1st Normal Meeting **Postponed**
was Graham Johnson Anne Baker

Monday 8th Normal Meeting **Postponed**
was Hugh Robertson Smith David Haynes

Thursday 11th Council Meeting

Monday 15th Business Meeting

Monday 22nd Normal Meeting **Postponed**
Was David Toone Rose Chapman

Monday 29th **President Change Over Day and Club Assembly**
Sally Hollis to David Ayres

July

Monday 6th Normal Meeting **Postponed**
was

Monday 13th Normal Meeting **Postponed**
was

Thursday 16th Council Meeting 7-30 p.m.

Monday 20th Business Meeting

Monday 27th Normal Meeting **Postponed**
was

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

Thoughts of the Day

Over the last year we have talked a lot about pride and what it means to be a part of the Rotary family. For me, these sentiments have never been more meaningful than during the past few weeks. The pandemic has caused seismic shifts to our daily lives and routines. Changes that once seemed completely unimaginable are now a reality the world over. I am proud and immensely grateful to see how our community has pulled together, moving rapidly to ensure what it means to be a member in being able to help those not as fortunate as us.

May I thank you for what you have done in supporting where you can. I'm sure it makes you all proud of being part of a caring community.

IF

If you can start the day without caffeine...

If you can get going without pep pills...

If you can always be cheerful, ignoring aches and pain...

If you can resist complaining and boring people with your troubles...

If you can eat the same food everyday and be grateful for it...

If you can understand when your loved ones are too busy to give you any time...

If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong...

If you can take criticism and blame without resentment...

If you can ignore a friend's limited education and never correct them...

If you can resist treating a rich friend better than a poor friend...

If you can face the world without lies and deceit...

If you can conquer tension without medical help...

If you can relax without alcohol...

If you can sleep without the aid of drugs...

If you can say honestly that deep in your heart you have no prejudice ... then , my friend, you are almost as good as your dog!!

April 100 Club Draw Winners

1st	No. 98	David Toone	£25
2nd	No. 33	Beata Ochal	£15
3rd	No. 63	Georgie Richardson	£10

The Dandelion

Outrageous ever it's called a weed
Tiny yellow petals create an earthly sun
And sculptured leaves rabbits love to feed
Flowers that curl to sleep when day is done

A slender neck then stretches to noon
Nature's magic, a new phase begins to grow
Behold a perfect sphere, a delicate silver moon
Children love to pick and start to blow

Tiny stars float gently away with the breeze
Puff, puff, puff - one, two, three up to seven
Such fun as they fill the sky with ease
Sun, moon and stars surely a dandelion is heaven

Bernard Johnson 2020

Mike and Jennifer's Trip to South America

We took a direct flight from London to Rio, where we spent four nights. Doing the usual touristy things - Christ the Redeemer Statue being the high point.

Then flew to Iguazu, on the Brazil – Argentina border. Waterfalls in subtropical jungle. *See photos.* We spent three nights there. It was absolutely fantastic, and one of the main reasons for doing the whole trip.

We then flew to Buenos Aires. Spent three nights there – an enormous and impressive city. Again did tourist type things – on balance liked it better than Rio, which was a surprise.

Departed BA for cruise round the southern half of South America, with stops as follows:

Montevideo, capital of Uruguay. Quite shabby and downbeat after Buenos Aires. Apparently one of the most stable countries in the continent.

Puerto Madryn, Argentina. Quiet seaside town. Lovely to see the Red Dragon flying in the centre!

Port Stanley, Falkland Islands. Left wanting more....could have stayed a week at least!

Strait of Magellan....an alternative to rounding Cape Horn, because of bad weather.

Ushuaia, Argentina. The most southerly city in the world. Very



picturesque – icy sea and snow capped mountains.

Punta Arenas, Chile. An attractive sounding name....bit of a dump, actually.

Amalia Glacier. A glacier!

Puerto Montt. A popular tourist spot for the Chileans. Volcanoes all around.

San Antonio, Chile. Disembarked here, for two hour road trip to Santiago.



Spent three nights in Santiago. An impressive, vibrant city, with a backdrop of snowy Andes when the smog clears. Tour of city, and unwinding prior to return home.

Direct 14 hour overnight flight Santiago to London.

Looking back, we are so lucky to have made this trip – just before everything went absolutely haywire. The first time (and

probably the last) that we have stayed away from home on holiday.

Verdict.....we wouldn't have missed a day of it, even though we are not keen on big cities nor fans of cruises.

Lutterworth Food Bank

During the first half of the Rotary year I was supported in setting up a collection of food and sundry items at our weekly Monday lunch. This proved very successful and our month on month tonnage grew very steadily until the arrival of Coronavirus.

We tried to carry on with the bin in my porch but due to the restrictions placed upon us the collection reduced to nothing.

Council without the approval of the membership decided to give financial support to the Food Bank and thanks to a member of the Club we were able to give £500 and allow the Food Bank to reclaim 25% back from HRMC. In addition to this one of my sons who works for Morrison's was able to negotiate a further 10% discount.



The donation of £500 was to be spent at Morrison's and the picture shows the money being spent on essential items.

Pam Ayres on lockdown

I'm normally a social girl
I love to meet me mates,
But lately with the virus here
We can't go out the gates.
You see we are the oldies now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.
They'll never know the things we did
Before we got this old,
There wasn't any Facebook
So not everything was told.
We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s
If you only knew the truth.
There was sex & drugs & rock 'n roll
The pill & mini skirts
We smoked, we drank, we partied

And were quite outrageous flirts.
Then we settled down, got married
turned into someone's mum,
Someone's wife, then Nanna
Who on earth did we become?
We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead,
Is like a red rag to a bull!
So here you find me stuck inside
For 4 weeks - maybe more.
I finally found myself again
Then I had to close the door.
It didn't really bother me,
I'd while away the hour,
I'd bake for all the family,
but I've got no flaming flour.
Now Netflix is just wonderful,
I like a gusty thriller
I'm swooning over Idris,
or some random sexy thriller.
At least I've got a stack of booze,
for when I'm being idle.
There's wine & whiskey, even gin
If I'm feeling suicidal.
So, lets all drink to lockdown
To recovery & health
And hope this awful virus
Doesn't decimate our wealth.
We'll all get through the crisis
And be back to join our mates
Just hoping I'm not too wide
to fit through the flaming gates
Pam Ayres. April 2020

News from Milele Kenya (via John Turner)

The problem:

As you are aware, COVID19 is a global pandemic and there have been confirmed cases in Kenya. Rieder tells us the virus has reached Mtwapa, however without testing it is difficult to confirm this for definite. The Kenyan government has taken some significant actions to attempt to prevent the virus spreading. Firstly they closed all boarding schools and then all day schools, public spaces and non-essential businesses. They have cancelled large events, banned 'boda boda' (the ubiquitous motorbike taxi) passenger services (although these are still running as couriers) and imposed restrictions on tuk tuks (motorbike powered cabs) and matatus (public buses). They are now advising that all citizens stay inside for a 21 day period, except for essential trips. Last week they also imposed an overnight curfew from 7pm to 5am.

These are similar in many ways to the challenges facing us here; however it is

complicated by poverty, as everything is. For all of our families being unable to leave the house means being unable to earn money to feed themselves. Very few have running water and most cannot afford soap, meaning that taking sensible hygiene precautions is difficult too. Pendo's mother runs a palm wine bar, which is clearly a big infection risk and other families have been forced to close their businesses or stop going to work. Most sadly, one of our families has lost their grandmother last month and it is unclear whether COVID19 played a role in her passing. I am very much afraid that if the virus has indeed reached Mtwapa it is likely to spread quickly given the close living quarters and other infection risks I have mentioned.

Currently, the schools are closed and families are facing the same challenge as many of you I'm sure - keeping their children busy, distracted and happy while in lockdown. Of course, most do not have the benefit of electricity, toys etc so this is understandably presenting some difficulties particularly for our most active children.

Of course we are all worried about this and we have done what we can to try and mitigate the worst of it.

What are we doing to help?

- **Food parcels** - We have arranged for food parcels to all our families to sustain them while they are unable to go out and these all include soap and/or alcohol hand gel. We are hoping that this will mean they are not forced to leave home.
- **Health Promotion** - We have given educational handwashing information using picture resources and Rieder visited in the early days to give essential basic advice around handwashing, social distancing and how to protect vulnerable members of the family as best they can.
- **Remote Contact** - Rieder has also ensured that each of the families have access to a telephone (if not of their own then through a neighbour or close relative) so that he can contact them and has given them all scratch cards with phone credit on in case of an emergency.
- **Medication** - Some of our children take regular medication. We have been working with Rieder to ensure they are still able to collect their medication with minimum social contact as this is obviously vital at all times, and most especially at the moment.
- **Education** - Rieder has been receiving school work from their schools remotely and is printing and dropping it outside their homes for them all, this has been vital to keep them occupied.
- **Safeguarding** - Of course, a few of our children have rather difficult home lives and we are also aware of safeguarding issues at this time. It is a difficult balance - for some families home is not only a place of safety but also presents some dangers. We gave careful thought to which family members our children went into lockdown with and influenced this where we could. We are doing our very best on a case-by-case basis to monitor this closely and trying to mitigate what we can and we are ready to put in extra support remotely if and when it is needed. We are hopeful that when the schools reopen this will relieve much of the pressure although it is currently unclear when that might happen.

Protecting Rieder

As you will have gathered in this message, Rieder is, as always, a lifeline for our children... bordering on superhero right now! We are trying to also shield him in these times and have made it clear to him that it is of course very important that we keep him healthy and well. He is avoiding contact with everyone at the moment and is able to keep in touch by telephone with our families due to the measures we put in place in the first week or two. So far this is working well and he and his family are safe. We are in regular communication with him and we will continue to take whatever measures are possible in the coming weeks and months to keep both him and our families safe.

What does this mean for you?

As many of you will know, we have set Milele up in a way that allows us to respond to emergencies. We did not expect a pandemic; however we are ready to act to support our families. This extra support is being funded over and above our normal sponsorship through use of our emergency funds. We will not be increasing your sponsorship money to cover it. There is of course no obligation on you at all, however this is an extremely difficult period for small charities like us and if anyone is in a position to and would like to make a donation to help us through this time it would be very gratefully received indeed.

In terms of routine sponsorship, we will be contacting you all as usual when your sponsorship is due to ask you continue supporting your sponsored child. Of course we are aware that many people are worried right now and under a lot of financial pressure and understand that this may make it difficult for you to continue. We ask that if that is the case you please talk to us about it.

We are happy to chat by email or phone if you prefer (Amy's number is 07950329398).

Please just do talk to us.

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