



Issue No: 189

Driving the wheel of fellowship

November '20 Newsletter

Programme for the next two months.

November

Speaker Finder Grace & Thanks

Monday	2nd	Normal Meeting	David Walton	John Roberson
Monday	9th	Normal Meeting	Roger Rose	John Wells
Thursday	12th	Council 7-30 p.m.		
Monday	16th	Business Meeting		
Monday	23rd	Normal Meeting	Sally Parkinson	Steve Tallis
Monday	30th	Normal Meeting	Mike Toone	Roger Rose

December

Monday	7th	Christmas Party	both postponed !	
Monday	14th	Christmas Lunch		
Monday	21st	Christmas Holiday	No Meeting	
Monday	28th	Christmas Holiday	No Meeting	

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

www.lutterworthrotary.org.uk

Report from Frank known as the "Eradicate Polio" Bear

It's ironic that in the October COG mention was made about where Frank had been during this difficult year when travel had been penned down by the Gov't be it here or abroad. I had just published the COG when I heard that our President David Ayres had invited Frank to join him, with his wife Kate, to visit the "Mary Rose Museum" at Portsmouth. At this time with the coronavirus hitting the headlines each day it was pleasing to find that our efforts in the eradication of polio worldwide had not been forgotten by the media. So when ever we appeared with Frank the 'Eradication of Polio' on his jumper was a great reminder.

For those who have not been to the museum which David and Kate found fascinating here is a flavour of what they saw.

The Mary Rose was a Carrack type warship of the English Tudor Navy of Henry VIII where she served for 33 years in several wars against France, Scotland, and Brittany. Following a substantial rebuild in 1536 (having been built and launched in 1512 taking her from an initial 500 tons to 700/800 tons. Her last action in 1545 was against the French Fleet and she then sank in the Solent. They were told that the wreck was discovered in 1971 and salvaged in 1982.



The Mary Rose was one of the largest ships in the Navy for more than 30 years and they were told she was one of the earliest purpose built sailing warships at the time.

For those interested in the story of the "Mary Rose" the details are given in Wikipedia (30 pages!!!).

If you go down to the woods today.



As a change from our normal format David Ayres has given me a recipe for you to use while confined to the house.

The ultimate Beef Burgers.

Makes 4 burgers.

1 large onion, roughly chopped.
2 or 3 large cloves of garlic.
2 heaped tablespoons of tomato puree.
1 good hand full of fresh basil.
1/4 teaspoon of home made mustard.
500g Minced beef 10% to 15% fat.
1 egg, yoke only.
Salt to taste and lots of freshly ground pepper.

Method

Put all the ingredients, apart from the mince and the egg yoke, into a food processor, or chop them up very finely. Then put them into a suitably sized mixing bowl, add the mince and the egg and mix the whole lot with your hands (if you use the processor the meat becomes a paste!) Form into even sized balls and leave to rest in the fridge for an hour.

Cooking.

Pre heat the oven to 200 degrees (fan). Place the burgers on an oven proof dish, flatten them slightly and bake for about 20 minutes. In our household, they're served with oven chips, peas and tomato ketchup.





The age of the Electric Car

On 28th September 2020 our own member Martin Iliffe gave a talk about his experiences of owning an electric car.

Martin talked about his particular car, a BMW i3 as shown above.

Martin shared with us details about the car itself: the materials it is made from – carbon fibre and aluminium for the bodywork - manufacturer's warranty 12 years, mechanical parts a 3 year or 100k miles warranty and of course the battery which is 8 years or 100k miles.

He explained about the levels of standard equipment being just the same as any modern car and the number of BMWs which have sold worldwide around 165,000.

Martin told us the car's range in warm weather was around 170 miles and in cold weather conditions, around 140 miles.

Charging was a point of great discussion whether at home or using public charging points. He covered subjects including the time it takes to fully charge the car and the cost. Using a standard three-pin plug and regular domestic wall socket, it'll take up to 20 hours to fully **charge**.

Fast Charge – 3 hours 80% charged at 11kw

Rapid Charge – 45 minutes 80% charged at 50kw

Costs for a Fast Charge at 11Kw is roughly £3.00 for 45-minute charge and it translates into a mile a minute charged

Costs for a Rapid Charge at 50Kw is roughly £10.00 for a 45-minute charge.

Martin also shared a few personal experiences of driving and charging the car on a long trip, and he explained how sometimes due to the range available the trips could be a “white knuckle ride”.

Ships of Mercy

The Rev Debbie Hodge gave us a talk on Monday 5th October by Zoom covering the work that the hospital Mercy Ships, founded by Don Stephens in 1978, are doing for the poorest countries in West Africa.



She concentrated on “The Africa Mercy” a hospital ship of some 16,500 Tons on which she was privileged to serve as a volunteer nurse before taking the cloth. Debbie said the concept of taking the hospital to the people was unique at a time when 2 out of 3 people lacked access to surgical care. While 93% of sub-Saharan Africa still cannot access the healthcare they need.

Why a ship you may ask - with its own power and water supply and when 50% of the world’s population live within 100 miles of a Port - why not. The current ship “Africa Mercy”, that was launched in 1979, has serviced the north west area of Africa especially for around 40 years.

Through the work of medical volunteers Maxillofacial - Plastic reconstruction - Orthopaedic - Obstetric Fistula - Ophthalmic-Dental and General operations have taken place in the theatres on board. She went on to say that the ship provided Medical training and mentoring for local professionals who would take over when the ship left Port. While there the improving of local medical facilities was carried out by electricians,

plumbers and other technicians a legacy they leave for the local population. Many of the diseases they encounter are brought about by local poverty and malnourishment of the



populace making disease more prevalent.

The volunteers on "Africa Mercy" numbered around 1,300, coming from 40 different countries doing over 200 different jobs, only half being medical.

By next year a new custom built ship "Global Mercy" of some 37,000 tons will be joining the "Africa Mercy" as the latter will then be phased out after 40 years service. The new ship providing facilities for an additional 20,000 operations a year in 6 operating theatres plus 102 Acute Care beds and 7 Isolation beds for the more serious patients not available on the "Africa Mercy".

Peter Berry District Governor

Our District Governor Peter Berry spoke to us via zoom on Monday 18th October about his ambitions for District 1070 during his term of office.

His talk was inspiring where he covered a wide range of events including "Rotaract" a topic Ray Spare had fully covered a couple of weeks earlier in his zoom presentation.



I have now received the article below on how Rotaract membership could be a potential springboard for new Rotary members.

ROTARY, ROTARACT & NCS, IN AREA 9

Rotary have been given an exciting opportunity to partner with the NCS, and it could transform the way we recruit people for Rotary and Rotaract.

What is NCS? Firstly, it stands for NATIONAL CITIZEN SERVICE. NCS is a government-funded summer programme designed especially for 16-17-year olds. The purpose of the programme is to give teenagers a taste for independence (without all the responsibilities).

They will be living away from home for part of the course, meeting people from other walks of life and test their limits with adrenaline-fueled activities. NCS loads them up with important life skills. Once their confidence is boosted and they have built strong relationships with their teammates they will pick a local issue they feel passionate about and work together to do some good and make a difference in their community.

Over 500,000 young people have completed the incredible NCS experience to date with roughly 100,000 were predicted to go through in 2020. In 2021 due to the covid 19 pandemic the numbers will be much lower but hopefully by the time summer is here things may have improved somewhat. Certain parts of the programme may have to be altered slightly. Recruiting has already started, and some graduates are doing a small project within Area 9 during the latter part of October. However, the main course starts at the beginning of the summer holiday, so we have time to plan.

Rotary can help by naming & pointing out a local PROJECT, but it must be stressed that Rotary is NOT expected to FUND or do any RISK ASSESSMENTS or do any TIME MANAGEMENT.

The teams are usually 16 in total and made up of both sexes. Projects can vary in size but should last in either 30- or 60-hour blocks. What a great opportunity to meet with young enthusiastic citizens within our own area (just like we used to see ourselves) who are eager to serve their community.

Please remember that from 2022, Rotaract members will automatically be recognized as Rotarians.

It is also permissible for up to three Rotary Clubs to sponsor a Rotaract club, who can in turn offer guidance and support and work with them as partners.

A mature Rotaract Club could even be a Satellite club of an existing Rotary Club. What a fantastic way to help preserve your own Rotary Club.

So after a year of support from NCS' Delivery Partners these engaged enthusiastic young citizens find suddenly they are on their own and this is where we as Rotarians can invite them to either join an existing ROTARACT CLUB or for them to create a local Contemporary ROTARACT Club.

Your ROTARACT AMBASSADOR IS:-

JOHN ROBERTS

Mobile 07961592359

Email strober5345@ gmail.com

He will help you if you have any questions or simply like to know more.

Ref JR/RS 201020 article submitted by Raymond Spare

As yet another year draws to an end may I (as Editor) say a big thank you to both John Cookson, who despite having moved from the area, continues to support both me and the Club by putting the COG on our website and my wife Diana who continues to proof read each edition which I really appreciate.

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