



Issue No: 210

Driving the wheel of fellowship

August '22 Newsletter

Programme for the next two months.

August **Speaker Finder** **Grace & Thanks**

Monday 1st Normal Meeting Elaine Turner Philip Duncan

Thursday 4th Council Meeting 7-00 p.m.

Monday 8th Normal Meeting TBA TBA

Monday 15th Business Meeting

Monday 22nd Normal Meeting David Toone David Ayres

Monday 29th Summer Bank Holiday No Meeting

September

Thursday 1st Council 7-00 p.m.

Monday 5th Joint Lunchtime Meeting Steve Tallis Ted Wilson
with Wycliffe

Monday 12th Business Meeting

Monday 19th Normal Meeting Colin Derrick Derick Berridge

Monday 26th Normal Meeting Anne Baker Mark Thompson

If you are unable to carry out your 'duty' please find a substitute and tell
Anne Baker Tel: 01455 285674 **email** christinabaker304@btinternet.com

Future Events

August

Monday 1st August—Trip round Ash Tree Farm

Friday 12 August—"Half a Sixpence" at North Kilworth Theatre

September

Wednesday 7th September—Visit to Leicester Gas Museum 11 o'clock

October

Saturday 15th "Beats Working" - Group playing Sounds from the 50's and 60's at Wycliffe Rooms

Saturday 22nd "Male voice choir" at South Kilworth at St Nicholas Church.

November

Visit to Derngate Theatre in Northampton - pending

December

Friday 9th December Leicester "Salvation Army Band" at St Nicholas Church in South Kilworth - pending

Date to be announced New Year's Eve meal and concert in Birmingham.



[This Photo](#) by Unknown

Ukrainian Pop-In Café

**A warm welcome awaits Ukrainian guests
living in the Lutterworth area
at
Karters Café, Church Street Lutterworth**

Every Monday in August.

First date 1 August from 6 p.m.

**Meet with fellow guests. Children welcome.
Opportunities to learn English with Rotary
club members.**

For further information email sally_hollis@hotmail.co.uk

UPDATE FROM MOLDOVA

As the war in Ukraine rages on, thanks to Rotary Clubs and other fantastic supporters, our projects are well under way.

Within Ukraine Rotary are working with *People in Need*, providing mattresses to those living in collective centers. Together with *Relief Aid*, we are distributing shelter kits, blankets, hygiene kits, solar lights and water carriers to help people survive in damaged buildings.

We'll also be supporting people who have fled to neighbouring Moldova and have a team in the country to address some supply chain challenges.

Meteorological Timeline

- 1854 Met Office established by Vice Admiral Robert Fitzroy within the Board of Trade
- 1859 Royal Charter storm; approximately 459 lives lost off Anglesey and leads to introduction of storm warning service
- 1861 Newspapers take first public weather forecasts.
First Shipping Forecast delivered by telegraph to harbour towns
- 1916 First military operational forecast
- 1919 WW1 has just ended and the Met Office became part of the Air Ministry
- 1922 First daily weather forecast is broadcast on radio
- 1924 First Shipping Forecast is broadcast on radio
- 1936 First televised weather maps
- 1944 The Met Office advises on Operation Overlord and provides key forecasts for D-Day
- 1954 First in-vision weather forecast is presented by George Cowling
- 1960 TIROS—the world's first meteorological satellite is launched

- 1962 The Mobile Meteorological Unit is established to provide support for military exercises across the world
- 1965 First operational forecast by a computer nicknamed "Comet"
- 1986 NAME - the Met Office atmospheric dispersion model—developed in response to the Chernobyl nuclear disaster
- 1987 The Great Storm occurs and results in the National Severe Weather Warning Service
- 1990 The Hadley Centre for Climate Prediction and Research is founded
- 1995 The Met Office launches its website
- 2003 Met Office HQ move from Bracknell to Exeter
- 2009 Flood Forecasting Centre is founded, a joint operation between the Met Office and the Environment Agency. Met Office joins Twitter, followed by Facebook in 2010, Instagram in 2013, Snapchat in 2017 and Tik Tok in 2019
- 2010 The London Volcanic Ash Advisory Centre, based at the Met Office, monitors and forecasts ash dispersion of erupting Icelandic volcano "Eyjafjallajokull"
- 2011 The Met Office moved from the Ministry of Defence to the Department for Business, Innovation and Skills
- 2014 The Met Office produces its first operational space weather forecasts
- 2015 Storm Abigail hits north-west Scotland and is the first storm to be named by the Met Office
- 2016 Met Office creates an App for iPhone and Android
- 2020 Met Office secures £1.2bn of funding for a state of the art supercomputer that will improve severe weather and climate forecasting. Computing capacity is expected to increase six-fold.
- 2022 122mph winds were recorded at the Needles, Isle of Wight during storm Eunice, one of four storms to hit the UK in the early part of the year. Heatwave in July a new record temperature of 40.3°C.

Meditation

Rob Lean our speaker on Monday 18th July gave us an interesting talk involving our taking part with our eyes closed which made taking notes very difficult.

Notes on his talk were promised which he has sent me and are given below.

Prior to his talk my understanding of Meditation was:-

"Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behaviour".

Copy of Rob's notes

Since what could be described as a spiritual awakening just before lockdown, I have been on a journey of discovery with regards to my past, my emotions and different ways to maintain my mental and emotional health. This has come through a mixture of meditation, breathwork & shadow work, or what I call transformational healing.

Shadow work is derived from the use of the word 'shadow' by psychologist Carl Jung. He described our 'shadow' as the parts of us which we suppress and repress because we don't see them as acceptable or feel that society does not deem them as acceptable. These can include feelings, emotions, past trauma, but also talents we have, such as poetry, woodwork, painting or gardening, ways in which we feel we can't safely express ourselves. During a transformational healing session, we may use meditation, conversation or exercises to explore the shadow, acknowledge what's there

and work on past emotions or traumas which have not been fully processed. This is not for everyone, but if you're ready to take the journey, let's walk together.

Breathwork is something which can be seen as quite daunting, but I like to say that breathwork is just "breathing, consciously". We breathe 25,000 times a day, but may only be aware of our breath for less than 50 of them. Breathwork can start as simply as noticing your breath; placing your awareness on the flow of air in & out and whether it's through your nose or mouth. We can use breathwork to take us from anger, frustration or anxiety to a more peaceful state, reset our nervous system, encourage healing throughout the body and, at the right time, to help release stuck emotions.

Meditation is a simple and effective tool to quieten the inner voice, organise thoughts and find inner peace & tranquility. I do my best to meditate nearly every day, even if just for 5 minutes. There are different styles of meditation, including mantra based (where you return to a word or phrase), visualisation (where you imagine future events you're aiming for) & guided meditation (where you follow a guide). But it can be as simple as sitting or lying quietly, closing your eyes and observing the thoughts which come up, then letting them go again. I have included my '10 Top Tips for Meditation' which you may find useful.

