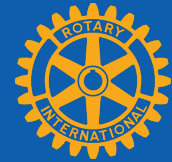


ROTARY CLUB OF MANCHESTER

NEWSLETTER

JUNE 2020



From our President Sarah Withington

Well I can hardly believe this will be my last month as your President.

The year has definitely flown by with many highlights but the most impressive thing during my year has been how, as a Club, we have grown as a team and come together to be a more cohesive unit and nothing demonstrates the change in mindset more than the way we have all embraced Zoom over the last few months and adapted rather magnificently to our current situation!

During May we held our first Zoom AGM and In June PE Derek Evans will hold his assembly via Zoom.

I wish him every success during his new year and thank you for supporting me during 2019/20

Sarah

In this issue...

Zoom Fellowship

Zoom Annual General Meeting

SPECIAL COVID-19 SECTION

Member contributions! Mustard Tree Update! Jokes, poems, photos, recipes, and more!!!!!!!

Notices

Up and Coming

Rotary



TAKE ACTION: [Rotary Club of Manchester](#)

Zoom Fellowship

Thursday May 7th !

Our first ever Zoom Fellowship took place on Thursday 7th May at
6:00 pm - 7:30 pm

As it was a fellowship, we were welcomed to bring any guests. Many brought along their own food and drink! This informal get together was the first time for many members to try out Zoom!

Unfortunately, due to it being our first Zoom fellowship, we did not take any photos but expect some screen shots next time.

People that attended included:

Robin Graham (Host)

Dale McAulay

Sarah Withington

Helen Roberts

Ernie Metcalfe & Marion

Indra Gupta

Peter Hartley

Roger & Chris Walker

Margaret & Henry Blowey

Barbara Rosenthal

Derek Evans

Roy & Julie Chapman

Bill Laidlaw

Sorry if we accidentally left some names out!



CLUB COUNCIL MEETING MAY 21ST 2020

Our AGM (Annual General Meeting) was held on May 21st via Zoom.



A screen shot of some members at the meeting.

THE ROTARY CLUB OF MANCHESTER **Annual General Meeting Thursday 21st May 2020**

I herewith give notice of the ANNUAL GENERAL MEETING of the ROTARY CLUB OF MANCHESTER during the early evening meeting starting at 6:00pm electronically via Zoom due COVID-19.

The purpose of the meeting is to:-

1. Receive annual reports from the Council and committees of the Club for the current Rotary year (2019/20)
2. Receive the Treasurer's report and approve the Subscription for the ensuing Rotary year (2020/21)
3. Elect any honorary members
4. Elect the 6 or 7 ordinary members of the Council
5. Confirm the appointment of, or select the chairmen of committees
6. Elect 1/2 representatives (and substitutes) to attend and vote on behalf of the Club at meetings of the District Council
7. Elect voting delegates for District and R GBI purposes for the ensuing Rotary year (2020/21)
8. Confirm the appointment of an Auditor for the ensuing Rotary year

The President will also accept any other relevant business for which she has received appropriate notice.

Peter Hartley
Club Secretary

Reports were presented by:
Vocational – Julie Chapman
Rotaract – Roy Chapman
Fellowship- Barbara Rosenthal
Foundation/Rotary speakers – Bill Laidlaw
Treasurer – Peter Hartley
Newsletter - Dale McAulay
International - Robin Graham
Membership - Robin Graham

COVID-19 SPECIAL SECTION

FROM THE EDITOR - Dale

With isolation and social distancing, normal meetings at the Manchester Hall are not taking place and many of the wonderful things that we do, are postponed or delayed for now!

The virus has, not only made everyone realise how much we usually take for granted, but as a Rotary Club, forcing us into the world of technology and the internet. This is a good thing!

Thanks to the many people that contributed to this section of the newsletter – it is meant to cheer us up and help us remember that a sense of humour is always a great thing!

I apologize for using my own initiative to come up with some of the photos. As many contributors did not submit photos, I used some creativity to provide some – hope that I have not insulted anyone as it was meant to be fun!

Take care and stay safe
Dale

P.S. As self-distancing appears to be continuing for a while, I am looking for more contributions from members, so please more articles, recipes, poems, jokes, and photos! And let us know how you are doing and coping in these crazy times!

Thanks to the contributors of the Covid-19 Section:

Roger Walker
Peter Hartley
Bill Laidlaw
Helen Roberts
Roy and Julie Chapman

Sarah Withington
Ernie Metcalfe
Mustard Tree

**Hope that I did not miss
anyone!**

COVID-19 LOCKDOWN MEMBER CONTRIBUTIONS

Who do you think YOU are????

I have always been interested in history, my dad was always drumming Kings and Queens and dates into my brother and I as children, and his passion became ours!

So many years ago, when he became a member of the Manchester and Lancashire Family History Society, I became a member too. It was a matter of searching manually thousands of paper records or using a machine called a microfiche, some of you may remember these, the writing was tiny and there was a limited supply of records, mainly census's that you could search. The trusty magnifying glass was your best friend.

These days we have access to a mountain of data which is easily accessible via the internet on Ancestry and Find My Past to note a few. I am an avid user and am fully committed to huge branches of my family tree.

I also have started family trees for friends and colleagues for a small charitable donation, some just to get them started so they can carry them on themselves and some I continue to work on. You never really complete a family tree as there is always more to find and further back to go.



Sarah's Family Tree



Sarah with her family

When lockdown is over, and we start to get back to some semblance of normality President Elect Derek has asked me to give a talk on Family Trees and I hope to inspire you to 'have a go'. It quickly becomes a passion when you start putting together a picture of your ancestors but in the meantime why not get some of those photographs out and start writing some names on the back or start writing down some key dates for your ancestors - start with births, deaths and marriages. I wish I had asked my grandparents when they were alive more information about the family, they knew.

If you would like to know where to start or some hints and tips, please do contact me

Sarah Withington

Wordsworth in Lockdown

I wandered lonely as a cloud,
Two metres from the madding crowd,
When all at once my name was called
To enter Waitrose hallowed hall.

This was the pensioner's special hour
I'd gone to get a bag of flour,
But I forgot -when through the door -
What I had gone to Waitrose for.

The Waitrose staff are extra kind
I told them it had slipped my mind,
They ask what else I had forgot
They clearly thought I'd lost the plot.

I phoned my wife again to ask
She reminded me of this special task
"I need some flour to bake a cake
With all that cream you made me
take!"

"Ah yes, I recall" I had to lie,
I dared not ask what flower to buy,
But then I saw them at the tills
A bunch of golden daffodils.

Roger Walker



Went out to fetch my bin in this morning and
dustbin men were there. He said wash your
hand or use gloves when moving your bins as
we touch over 2000 bins a day and then touch
the handles on your bins so could be a corona
hot spot. So I thought I would share this one.
Simple but good advice



This is true anywhere not just UK

As we start to open up.....you do you, I'll do me. That's what the UK's all about. None of us have the same circumstances (medically high risk child/ family member or a business about to go under, etc.) Let's all stay in our own lanes and keep the judgement down as we begin to unlock. No one should feel pressured either way.

- 👤 Some people don't agree with the unlocking.... that's ok. Be kind.
- 🏠 Some people are still planning to stay home.... that's ok. Be kind.
- 🦠 Some are still scared of getting the virus and a second wave happening.... that's ok. Be kind.
- 👤 Some are sighing with relief to go back to work knowing they may not lose their business or their homes....that's ok. Be kind.
- 👤 Some are thankful they can finally have the surgery they have had put off....that's ok. Be kind.
- 👤 Some will be able to attend interviews after weeks without a job....that's ok. Be kind.
- 👤 Some will wear masks for weeks....that's ok. Be kind.
- 👤 Some people will rush out to get their hair or nails done.... that's ok. Be kind.
- 💖 The point is, everyone has different viewpoints/feelings and that's ok. Be kind.

We each have a different story. If you need to stay home, stay home. But be kind.
If you need to go out, just respect others when in public and be kind!

Don't judge fellow humans because you're not in their story. We all are in different mental states than we were months ago. So remember, be kind. 💖 💖 💖

I think I've worked it out...

* 4 year olds can go to school, but university students who have paid for the tuition they haven't had and the accommodation they aren't living in, can't go to university.

* A teacher can go to school with many 4 year olds that they are not related to but can't see one 4 year old that they are related to.

* You can sit in a park, but not tomorrow or Tuesday but by Wednesday that'll be fine.

* You can meet one person from another household for a chat or to sunbathe, but not two people so if you know two people from another household you have to pick your favourite. Hopefully, you're also their favourite person from your household or this could be awkward. But possibly you're not. But as I can't go closer than 2m to the one you choose any way you wouldn't think having the other one sat next to them would matter - unless two people would restrict your eyeline too much and prevent you from being alert.

* You can work all day with your colleagues, but you can't sit in their garden for a chat after work.

* You can now do unlimited exercise when quite frankly just doing an hour a day feels like you are some kind of fitness guru. I can think of lots of things that I would like to be unlimited, but exercise definitely isn't one of them.

* You can drive to other destinations, although which destinations is unclear.

* The buses are still running past your house, but you shouldn't get on one. We should just let empty buses drive around, so bus drivers aren't doing nothing.

* It will soon be time to quarantine people coming into the country by air... but not yet. It's too soon. And not ever if you're coming from France because... well, I don't know why, actually. Because the French version of coronavirus wouldn't come to the UK maybe.

PLEASE CONTINUE TO NEXT PAGE.....

CONTINUED...

* Our youngest children go back to school first because... they are notoriously good at not touching things they shouldn't, maintain personal space at all times and never randomly lick you.

* We are somewhere in between 3.5 and 4.5 on a five point scale where 5 is all of the virus and 1 is none of the virus but 2,3 and 4 can be anything you'd like it to be really. Some of the virus? A bit of the virus? Just enough virus to see off those over 70s who were told to self-isolate but now we've realised that they've done that a bit too well despite us offloading coronavirus patients into care homes and now we are claiming that was never said in the first place, even though it's in writing in the stay at home guidance.

* The slogan isn't stay at home anymore, so we don't have to stay at home. Except we do. Unless we can't. In which case we should go out. But there will be fines if we break the rules. So, don't do that.

Don't forget...

Stay alert... which Robert Jenrick has explained actually means Stay home as much as possible. Obviously.

Control the virus. Well, I can't even control my dogs and I can actually see them. Plus, I know a bit about dogs and very little about controlling viruses.

Save lives. Always preferable to not saving lives, I'd say, so I'll try my best with that one, although hopefully I don't need telling to do that. I know I'm bragging now but not NOT saving lives is something I do every day.

So, there you are. If you're the weirdo wanting unlimited exercise, then enjoy. But not until Wednesday. Obviously.



Peter Hartley



Peter doing his daily exercise

A Poem

The piece of writing I have sent in is attributed to C. S. Lewis although this piece has also been attributed to Jerome Ziegler and many others. Further research suggests it may possibly have been written this year at the start of 'Lockdown' and shared widely on social media as being by Lewis.

I feel it fits both situations.

Helen Roberts

**Written by C.S. Lewis
in 1942 in response to
the effects of WW II....**

C.S. Lewis 1942

Satan: "I will cause anxiety,
fear and panic.
I will shutdown
business, schools,
places of worship
and sports events.
I will cause economic turmoil".

Jesus: "I will bring together neighbours,
restore the family unit,
I will bring dinner back
to the kitchen table.
I will help people slow down their lives
and appreciate what really matters.
I will teach my children to rely on me
and not the world.
I will teach my children to trust me
and not their money and material resources."

A HEALTHY BODY AND A HEALTHY MIND from Helen Roberts

It is very important we all keep active.

Apps such as **Map My Walk** can track your distance each day and record your activity.

Download from App Store (Apple) or get it on Google play.



Free online Yoga sessions are available.

Yoga with Adriene is very popular on **YouTube** and offers a whole range of yoga classes for all abilities.

TRY: Yoga For Seniors / Slow And Gentle Yoga/ Chair Yoga - Yoga For Seniors



From Jack Barton of **Mustard Tree**

Mustard Tree is one of the charities that we support.
Here is some news from Jack.

During these unusual times:

Are you under total lockdown in your home or are you able to still go out to shop and walk? **I can currently go for walks and food shopping**

What types of things are you doing: **Reading, writing, working! Walking**

How are you getting help? **Not getting help**

Are you and/or friends or family on the front line or doing things to contribute to help: **I am currently working from home doing my regular job for Mustard Tree.**

Do you have any advice to give about surviving in lockdown? **Keep a routine - make your bed, get changed and washed, three square meals a day, daily exercise, check in with friends and family.**

Please name anyone that you would like to give a special thank you to. And why? **I'd like to thank my colleagues at Mustard Tree who are currently working on the front line, helping rough sleepers with crisis support. They are also currently delivering circa 100 food parcels a day to vulnerable people across Greater Manchester.**

Please check out this Panorama program on Mustard Tree during Covid-19

<https://mustardtree.org.uk/2020/04/mustard-tree-panorama/>



Mustard Tree helping out with during Covid-19

A small joke to brighten up our day

Tired of constantly being broke and stuck in an unhappy marriage, a young husband decided to solve both problems by taking out a large insurance policy on his wife with himself as the beneficiary and then arranging to have her killed.

A 'friend of a friend' put him in touch with a nefarious dark-side underworld figure who went by the name of 'Artie.' Artie explained to the husband that his going price for snuffing out a spouse was \$10,000.

The Husband said he was willing to pay that amount but that he wouldn't have any cash on hand until he could collect his wife's insurance money. Artie insisted on being paid at least something up front, so the man opened his wallet, displaying the single dollar bill that rested inside.

Artie sighed, rolled his eyes and reluctantly agreed to accept the dollar as down payment for the dirty deed.

A few days later, Artie followed the man's wife to the local Costco Supermarket. There, he surprised her in the produce department and proceeded to strangle her with his gloved hands.

As the poor unsuspecting woman drew her last breath and slumped to the floor, the manager of the produce department stumbled unexpectedly onto the murder scene. Unwilling to leave any living witnesses behind, ol' Artie had no choice but to strangle the produce manager as well.

However, unknown to Artie, the entire proceedings were captured by the hidden security cameras and observed by the shop's security guard, who immediately called the police. Artie was caught and arrested before he could even leave the premises.

Under intense questioning at the police station, Artie revealed the whole sordid plan, including his unusual financial arrangements with the hapless husband who was also quickly arrested.

The next day in the newspaper, the headline declared...

"ARTIE CHOKES 2 for \$1 @ Costco"



WHATDIDUDOWHENUDIDDO?

Sitting on the bank of a famous Scottish Salmon River at lunchtime in bright sunshine with nothing happening my companion related the following from the previous evening.

He was currently holidaying with his wife in a rather stately castle recently bought by his wife's former works companion who had left her job a few years earlier to start up a business which then enjoyed amazing success. Now a multi-millionaire she had not forgotten her former colleague and invited her and hubby (my fishing friend) to stay.

Also present for dinner the previous night was the Dowager Duchess who was allowed to remain in a cottage on the estate after the present owners bought it. Going down to dinner, my friend was approached along the corridor by an apparition in full evening dress, tiara on head, and sherry glass in hand. There was a distinct list to port.

"Who are you, my man?" was Her Grace's opening question. Followed by "What do you do?"

Reply "I am now happily retired".

To which the response:

"WHATDIDUDOWHENUDIDDO?"!

(In English: "What were you employed to do").

Question. Could this be the basis for talks by members when we re-assemble for our lunch meetings?

Funny stories from work? Strange happenings? Odd meetings? Weird workmates? Difficult decisions? All helping us to understand:

"WHATDIDUDOWHENUDIDDO"?

Birthdays

June

1st Richard Dyson
6th Eddie Hanson
10th Sinclair McLeod
13th Ernie Metcalfe

August

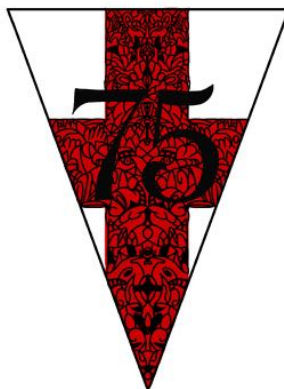
11th Julie Chapman
12th Jitu Ruia
19th George Osundiya
21st Bill Laidlaw

**Bill
fishing**



VE DAY 75

Oulder Hill Community School was proud to commemorate VE Day 75 with our students, their families and the community. A House Competition was run to encourage students to participate in VE Day 75 events. Students could decorate their houses with bunting they had designed, research a veteran from their family or Captain Tom Moore, do a film or book review on something related to the Second World War, do a Lindy hop inspired dance on TikTok or even bake a Second World War recipe. We had lots and lots of entries and were delighted to see our students getting involved and encouraging parents, families and the wider community to get involved too – summing up the community spirit we associate with Oulder Hill. We could not include all the entries on the website – there were far too many! So here are a few of our favourites:



Dear Heroes,

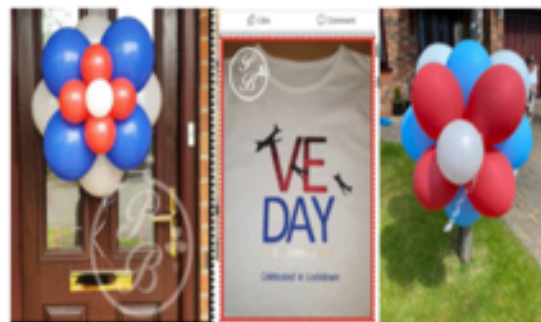
- I remember reading a famous quote – “For your tomorrow we gave our today” and I now appreciate everything you did for us. I have been in lockdown for 6 weeks now unable to meet my friends and family, go to school, go on holiday, eat out – in fact, everything I took for granted.
- If you hadn’t won the war, this life could have been the norm. So thank you all for everything.
- For your tomorrow we gave our today”



And even some staff entries:



Contributions from Mr Smillie, Mrs Hamid, Mrs Tarran and Mrs Daniels



An eye, brain trick. You will enjoy this if you are using the right side of your brain. Stare at this pic carefully and you will see this man turn his face. Share this with your friends if you saw him turn his head.



The wife said:
“Here’s £20, get
the dog a jacket.

If there’s any
money left over,
get yourself a beer!



Ernie Metcalfe's Recipe

for a light but very tasty meal!

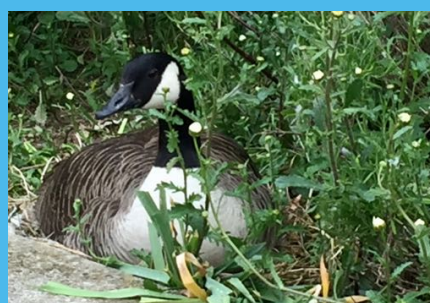
The centre is a piece of toast covered in Parma ham (vegetarians could use cheese), surrounded by salad leaves, grilled tomatoes, grilled mushrooms, avocado and topped off with a soft poached egg. You can put anything you like round it as long as it is very tasty.



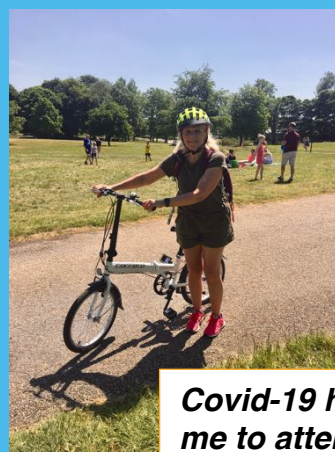
Some photos from Dale



*Dale and Ian with our guides
Top of Kilimanjaro
December 2019*



*Canada Goose sitting on her
eggs in Manchester City Centre*



*Covid-19 has inspired
me to attempt some
new things. I am trying
to learn to ride a
bicycle. I am finding it
challenging.*

Hope everyone enjoyed
our **Special Section...**
now, back to our
regular news!

NOTICES

The Stroke Association's first Stroke Prevention Day, due to take place on 15 May, has now been postponed due to the coronavirus pandemic.

The charity had planned to use social media channels as a platform to launch the day and had been developing new prevention messages to cascade to audiences. But on reflection, they felt that the social media space in May is already jam-packed, and it wouldn't create the impact they wanted at this time.

What are the charities plans for stroke prevention?

Right now, developing stroke prevention work is a key priority for Stroke Association. They recognise how crucial it is to ensure people at risk of stroke are able to recognise their risk and identify achievable and realistic ways to reduce it.

They are taking this opportunity to build and refine their stroke prevention messaging and over the next coming weeks and months will develop and test prevention messages that can be used with a range of different audiences.

This year the charity had also planned to develop and test new holistic, evidence based and effective stroke prevention activity. This is something they will still focus on, but may be delayed due to social distancing due to the Covid-19 pandemic.

What does this mean for us?

If your immediate plans were to deliver any stroke prevention activity which includes blood pressure testing, this should be postponed until we receive confirmation from Stroke Association that events can go ahead. This is due to continued government advice to keep social distancing measures in place and because the Stroke Association's Prevention Team has less staff members due to the furlough of staff who would ordinarily register events.

You can however continue to speak to people about stroke prevention and signpost them to materials on the Stroke Association website where needed

More on the next page.....

If you have current Stroke Association materials that still use the term 'Know Your Blood Pressure', you can still use these until the charity has developed new material.

We will continue to work with the charity over the next few months and provide updates on where they are with their plans.

If you have any queries about events or stroke prevention. You can continue to contact the Prevention Team on preventionevents@stroke.org.uk. Please bear in mind there may be longer response time due to depletion of staff.

Stroke prevention during a pandemic

We know there are different types of health behaviours to consider. Two of these are 'unhealthy behaviours' (which may increase your risk of detrimental health) and 'protective behaviours' (these are behaviours which may reduce your risk of adverse health). There are many reasons and factors which can lead to or influence these behaviours. You can understand why people's 'unhealthy behaviours' may increase during this pandemic. Such as:

- People may snack more while at home.
- People may feel worried or uncertain about the future which is causing them to smoke and drink more.
- Support and care systems have depleted, or in some cases vanished, so people can't access groups, clubs, or even doing a weekly shop.
- People may have less motivation to do exercise.

The reasons for these changes will be very different for everyone, and depends on many factors such as social context, health beliefs and perceptions of risk or influences. And some are outside of our control like access to local health services, recreational facilities, the weather, economy, or living and working environments.

You can support people by signposting them to the Stroke Association's [health information](#) on the website.

Here are a few handy links to their guidance:

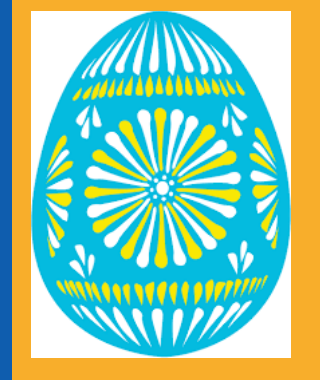
- [Cutting down or stopping smoking](#)
- [Stay a healthy weight](#)
- [Eat a healthy diet](#)
- [Be more active](#)
- [Drink less alcohol](#)

EASTER EGG DRAW UPDATE

As you may remember many of us purchased raffle tickets for a huge Easter Egg at the Aspire Restaurant in Trafford College when we had had our last pre-Covid-19 Fellowship.

We receive the following information from John Pitt, Hospitality Lecturer

“The college closed mid-March before we had a chance to do the Easter draw. We have all the tickets and contact details locked away safely and when we do return to college, I’m sure the team will decide how to proceed and ensure all our ticket holders get an opportunity to win at a future date.”



INFORMATION FROM ROTARY ABOUT CLUB MEETINGS

As has been announced, the meetings and events of Rotary GB&I have been changed to an online format through to **31st December 2020**. This decision only applies to the activities taking place at the Rotary Support Centre or other contracted venues such as Warwick University, as to run these events the delegates must travel from all over Great Britain and Ireland to attend. The Rotary GB&I Leadership considers this to be non-essential travel as the meetings and training events can be delivered using alternative means.

Rotary Clubs and Districts will make local decisions on meeting and running events/activities. These decisions will be based on Government Guidelines in force at the time of the event and should take into consideration the concerns and well-being of members involved in organising and attending.



Up and Coming Events

PLEASE NOTE THAT MANY EVENTS ARE POSTPONED OR CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19

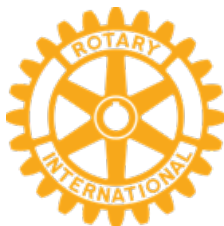
LINKS TO ZOOM EVENTS WILL BE EMAILED TO YOU

FELLOWSHIP: ON ZOOM
Thursday 4th June 18:00-18:30

CLUB ASSEMBLY: ON ZOOM
Tuesday May 11, 2020
18:00 – 19:00

MEETING Thurs August 27th
Rotary Grant Scholar – Maddie Scholar 12:30-14:00

LAKELAND FELLOWSHIP BREAK
Mon Oct 5th – Wed Oct 7th



SAVE THE DATE

NOW MORE THAN EVER, ROTARY CONNECTS THE WORLD:

THE 2020 ROTARY VIRTUAL CONVENTION

20-26 June 2020 | Learn more at riconvention.org

<http://imgfocus.rotary.org/11BB9kpmrEQEIZesblzib>

Keep watching the website to find out about more Zoom events and meetings and when our regular meetings will return.

Club Meeting Info

Weekly: Every Thursday at 12:30

Place: Manchester Hall

36 Bridge Street, Manchester,

M3 2BT

Rotary Club of Manchester Team 2019-2020

President

Sarah Withington

President Elect

Derek Evans

Membership

Robin Graham PHF

Vocational

Julie Chapman

Executive Secretary

Robin Graham PHF

Secretary

Peter Hartley PHF

Community

Julie Chapman

Rotaract

Roy Chapman PHF

IT

Peter Hartley PHF

Treasurer

Peter Hartley PHF

International

Youth Service

Roy Chapman PHF

Fellowship

Barbara Rosenthal MPH

Immediate Past President

Julie Chapman

Rotary Foundation

Bill Laidlaw PHF

Attendance

Roger Walker PHF

Primary Webmaster

Peter Hartley PHF