

FEBRUARY 2024 BULLETIN:- THE ROTARY CLUB OF LINCOLN

PRESIDENT JOHN CAWDELL

05-02-2024 MEETING:- A TALK BY PHIL GODFREY, PRESIDENT OF SOLIHULL ROTARY CLUB

ANTIPHOSPHOLIPID SYNDROME (APS)

Phil began by recalling his previous talk on 20th November 2023 on his Ugandan Adventure and thanked us for our contribution to the charity fund which has now reached £9000.

He then told us about APS- a blood condition which can affect all the organs. It is more prevalent in women and particularly causes childbirth losses. Sadly the Health Authorities have been slow to realise the presence of APS and traditionally allowed three still births before testing for APS.

The condition can cause heart attacks and strokes in men. Phil told us about a 25 year old man who had experienced a heart attack. APS was diagnosed but the man refused treatment and died three years later.

Phil then told us about his late wife Christine. She was very fit until 1995 but then began to experience problems with her feet and hands. She was treated for 10 years against Multiple Sclerosis . This was eventually discovered to be the wrong diagnosis and APS tested positive. She had suffered the wrong treatment for 10 years! Confined to a wheelchair in her latter years, she passed away in 2015.

Chris then became an Ambassador for APS, to raise awareness and encourage medical research into the condition. In the early days he discovered that 37% of doctors were not aware of the condition.

Chris began raising money towards a research model. In 2019 he walked 1400 miles around the coast. A further walk of 400 miles resulted in knee damage. He also toured the coast of Britain by train (as a retired railwayman Chris is eligible for free travel on the trains!) All this was with Rotary support.

Chris has spoken to Rotarians in 28 countries , a total of 427 clubs so far. Currently 1500 doctors have attended the training course, the budget for this is £330,000.

Giving the vote of thanks, Martin Curtis said he was moved by the sad story of Chris's wife. We found his achievements as an APS Ambassador, since Christeen's passing, is inspirational.

19/02/2024 MEETING:- A TALK BY DISTRICT GOVERNOR OF EAST ANGLIA AND PAST DG OF WALES AND NORTH WEST ENGLAND, BOB MASKALL, ON "A LIFE OF UPS AND DOWNS"

Bob arrived in good time for our lunch in spite of a complicated drive from the Norfolk Broads area . He told me he had no problem with the A17 and Kings Lynn. It was only afterwards that I spotted a very powerful motorcycle in the car park.

His talk was all about his career in the RAF as a flying instructor. I don't recall him using the word Rotary once!

His officer training course included flying at Cranwell in the early 80s. His first tour was in a Canberra bomber, a bit like a Mosquito with jet engines. These engines needed a cartridge start. While on manoeuvres in Germany one engine started ok but the other engine exploded and made a mess of the aircraft.

Back in RAF Cranwell he flew a Jaguar on surveillance missions. The planes had two cameras, one pointing forward and the other straight down. Time was spent in the dark room after each sortie, identifying features. The work included flights over North Norway during the Cold War. A very large Russian ship was identified during a similar sortie.

Bob was posted to the Desert War when America and allies were fighting Iraq and Saddam Hussein. His lasting memory was flying over the desert at 30-60 feet above ground level!

One big challenge came when Bob was escorting a Liberator Bomber from America to Norwich. He was flying a Jaguar. The Liberator had a top speed of 200 knots. The Jaguar was moving at 180 knots before it left the ground! Flying at 200 knots for a long journey was a great challenge.

Back in Cranwell he continued training in Hawk Mk1, Jet Provost and Jet Stream planes. He often visited sites abroad to give guidance to their trainers.

The last 20 years of his career was spent at RAF Valley on the Isle of Anglesey examining Instructors. The mountains in North Wales formed a challenging environment for low level flight. They had a saying, a Pilot should aim to achieve the same number of landings as take-offs

On one occasion Bob experienced a forced landing when a buzzard burst the canopy and debris went through the engine. The parachute release was jammed. This also happened to one of the Red Arrows some time later.

Bob's final experience was a spell in Search and Rescue in a helicopter. He was quick to point out that they never dropped him into the water.

Giving the vote of thanks, Terry Coffey said that we had enjoyed the quality of our lunch and the quality of our speaker.

26th FEBRUARY 2024 CLUB COUNCIL ON ZOOM

The main issues discussed are as follows:-

Meals at the Nightingale will cost us an extra £1 from April 1st. That represents £19 for Sue and £2 towards the room cost.

Peter Manton reported that applications to join the team going to the Disability Games on April 7th are building up. Final numbers could be 12 members and 5 carers. Of these, two will drive to the games directly including 2 carers. That leaves 13 passengers plus the Mayor and two Rotarians in a 16 seat bus.

Getting to the games was to be a shared bus with Lindum Rotary Club but as we had no response from them we asked Marks Transport for quotes. A 16 seat bus will cost us £365. The next size up is 44 seats for £840.

The Club need to drive the competitors from their homes to Ashley Court and return in the early evening. So far, only three drivers have said they could do it. It was concluded that the club may have to pay for some taxi rides. A budget of £450 was agreed.

Patrick reported that John Herrick will come to lunch on 18th March. A 7-day letter will be issued. John's son has confirmed that he is too busy to join the Club at the present time.

Patrick said he has another possible new member "in the pipeline".

Charity payments were discussed. Peter Manton had recommended that the £2000 raised for the Air Ambulance and local Children's Charities should be paid £1000 to the Air Ambulance and £1000 to "Safe Families", an organisation which helps families in difficulties and particularly tries to prevent children having to be taken into care. This was agreed.



PRESIDENT'S PAGE March 1st 2024

Fellow Rotarians,

March is the The Rotary Month of Water Sanitation and Hygiene, Who knew that? There is a clear tension between damming and diverting rivers to ensure fresh water is kept inland and then trying to avoid floods in wet weather.

I was flattered to be called “a man of action” recently by Gordon McNally President of Rotary International. I am very pleased that Patrick is following my lead in actively seeking new members.

We are again meeting with key players from the other 3 Lincoln clubs to explore ways of working together. We currently work together on;

- 1. Lincolnshire Show (Bailgate lead).**
- 2. Kids Out (Lindum lead).**
- 3. Disability Games (Lindum lead)**
- 4. Santa's sleigh collection (we lead and individuals from other clubs help particularly Allan Orient).**

Two of the other club Presidents have resigned during their term of office which is staggering. Don't worry I am made of sterner stuff! I enjoy the role of President and do not find it at all stressful.

There are now 7 Club meetings before I pass the Presidential chain to Dennis. I know that he is conscious of the priorities in recruiting new members and ensuring continuity in the appointment of Club Officers,

Rotary the world over,

President John Cawdell March 2024.