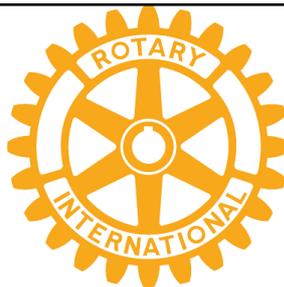


# ROTARY NEWS

ISSUE NO. 21 THE ROTARY CLUB OF HODDESDON MAY 2019



# Rotary



**In this copy :**  
**P4 Essay Competition**  
**P7 Royal visitor to Hoddesdon**  
**P9 Broxbourne past, David Dent**  
**P13 Harry's Olympics—Gold Medal**  
**P14 Helping Hands get new trike**  
**P16 Meeting a local need**  
**P17 Trustees message**

District 1260 - Chartered 1947 - Club number 19256  
Rotary Club of Hoddesdon Benevolent Fund Ltd Charity number 1168314

## President Martin Lynas

Often a quiet time of year, the months following Christmas are never quiet in Hoddesdon Rotary Club as we are continuously planning and providing help to our local and international communities. Recently, many members of Hoddesdon Rotary Club have been involved in mock interviews at three local schools – St Mary's and Goff's in Cheshunt and Presdales in Ware. This has provided pupils with valuable experience of the key steps required to secure a job. Club members also helped with the Broxbourne Winter Night Shelter during January and February.



Our Spring tea and entertainment for local house-bound residents will be on 22 May. Further afield and with financial help from four local Rotary Clubs in Hertford and Ware, we recently made the final payment to Stanstead Abbots charity H.E.L.P.I.N.G for a small vehicle to collect and deliver provisions to a school in The Gambia. Also in collaboration with local Rotary Clubs, we have funded the planting of Inga trees in Africa and South America. Leaves constantly falling from these trees keep the ground fertile for crops growing in their shade and dramatically reduce the amount of slash and burn that leads to deforestation.

Looking to the future, in April 2020, Hoddesdon Rotary will be taking five teens who have recovered from cancer, a carer from Teens Unite and five pupils and a teacher from John Warner school on the 192 mile coast-to-coast walk in the north of England. Planning is well underway and training will start soon after final selection of participants has been made. The benefits for those taking part are huge and you can read more in the article later in this edition of Rotary News.

It is not all work in Rotary. Club members enjoy some great social events and trips. Recently, there was a lunch at 'The Clink' prepared and served by inmates of Brixton prison and in May a trip to Sandringham is planned. Our lunches are also great times of relaxation, laughter and learning. They take place every Monday of the year other than bank holidays and the Christmas period, with fifth Mondays taking place on the evening. Catering by the Spotlight is excellent and great value with an interesting speaker except when we have the occasional business meeting. Why not join us as a guest one week and see what you are missing! This will be my last article as President before I hand over to Chris Waddington who takes over from me on 1st July. I wish Chris all the very best for his year as President and thank you all for your support and interest during my Presidential year.

**YOU ARE THE MISSING PIECE.**



## Welcome to our Club Kevin Orkian

In March we were pleased to give an official welcome to our newest Rotarian member Kevin Orkian. Known to us in his professional capacity, Kevin was invited to join us and add Hoddesdon Rotary Club to one of his charitable memberships. Living locally with his family, Kevin is no stranger to hard work.



A highly skilled pianist, singer, actor and comedian he started out as a concert pianist but moved on to add comedy to his performances, now an award winning comedian and stand up act. In years past he has performed with many well known acts such as Katherine Jenkins, Lionel Richie, Dame Edna, Matt Lucas to name but a few.

He has also toured with some internationally known orchestras to venues such as The Sydney Opera House, Windsor Castle and the Kodak Theatre in L.A. He made his West End debut at The Victoria Palace appearing in Fame, followed by appearances in Me and My Girl, Grease, Buddy Holly, Happy Days and Boogie Nights.

In 2009 Kevin appeared with his one man show at The Comedy Store in London, and in more recent years he has taken his 'Illegal Tour' to the Edinburgh Fringe. At a subsequent appearance in 2011 he earned 'The Sprit of The Fringe Award'. International travel included appearing in front of Desmond Tutu in Cape Town with his comedy act, and Kevin plans to return there again this year.



He has entertained audiences around the world, and a tour of 46 countries is being planned for next year. Private functions have included a performance for HRH Prince of Edinburgh on his 89th birthday and other appearances at royal family celebrations. We look forward to working with Kevin in years to come.

### A successful first partnership...

At Hoddesdon Rotary Club we were very pleased to work with Hoddesdon Round Table during the Christmas period collecting funds for charitable causes. Using the Santa's Sleigh made by Round Tablers over £2800 was raised, the proceeds shared between our two clubs. Rotary also covered the cost of materials for the sleigh. President Martin Lynas (left) is seen here passing the cheques to Nick Johnson for Round Table.



## Rotary Club of Hoddesdon Essay Writing Competition

Back in 1994 we couldn't have imagined that the Essay Writing Competition would have grown from strength to strength and that we would be celebrating our twenty fifth year in 2019.

Parents and children gathered at Hoddesdon Library on 27th March to hear who had won this year's competition. President Martin Lynas together with Rotarian Chris Waddington of the Vocational Committee, and Broxbourne Mayor Carol Crump presented certificates to the individual winners from each school, with the overall winner announced as Pippa Hudson from Wormley School. Pippa seen above wrote about her ambition to be an optometrist after her personal experiences with improved sight (her essay is seen on the opposite page).



What does an optometrist do ? The role involves using a range of instruments and traditional tools (such as reading charts) to test and measure a client's vision. An optometrist makes a diagnosis and gives advice. This could include prescribing, fitting and supplying spectacles or contact lenses, and discussing the suitability and shape of spectacle frames.

Using their knowledge of eye diseases, if an optometrist detects abnormalities – including conditions such as diabetes and high blood pressure – they refer clients to specialists or ophthalmologists (eye surgeons) when necessary. This role may focus on a particular area, such as paediatrics (working with children), contact lenses, sports vision or low vision.

Pippa will be invited to visit a hospital or other medical centre that specialize in the repair and treatment of eye conditions, where she will be able to see the valuable work carried out by dedicated medical teams and optometrists. We will report in further issues on Pippa's day out and experiences.

In second place with a highly commended essay was Ellie Teixeira from Cranbourne School with her essay stating why she wanted to be a lawyer. Ellie is seen below with Mayor Carol Crump.

Entries were received from ten schools— Broxbourne JMI, Cranbourne School, Forres School, Roselands School, St Augustine's School, St Catherine's School, St Cross School, Sheredes School, Westfield School, and Wormley School.



Pictures of all of the individual winners can be seen on our Facebook page —Hoddesdon Rotary Club together with the names from each school (posted 27th March).

Well done to all entrants and we look forward to seeing more essays from all of our local schools next year.



## “What I want to be when I grow up, and why”.

As a little girl, no older than three I perched on a high leather chair in a dark cosy room. A glowing halo of light surrounded fuzzy black shapes. They hung neatly on the wall in front of me. Warm gentle hands fitted a strange feeling plastic contraption to my face. It felt weird which made me giggle. Then the gentle hands slowly slip something into the contraption. The halo of light was a clear board and the fuzzy black shapes were now bold letters. I could see !

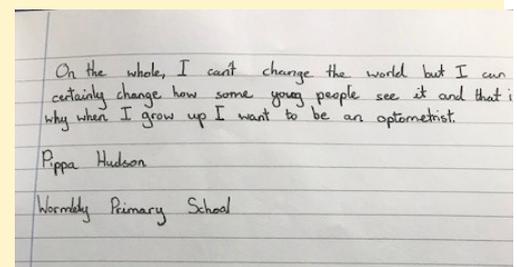
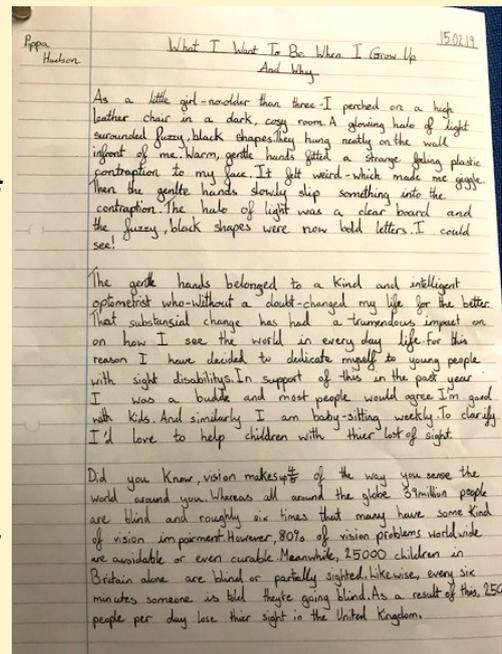
The gentle hands belonged to a kind and intelligent optometrist who without a doubt changed my life for the better. That substantial change has had a tremendous impact on how I see the world in every day life. For this reason I have decided to dedicate myself to young people with sight disabilities. In support of this in the past year I was a buddie and most people would agree that I am good with kids. And similarly I am baby sitting weekly. To clarify I'd love to help children with their loss of sight.

Did you know that vision makes up to 4/5ths of the way you sense the world around you. Whereas all around the globe 39 million people are blind and roughly six times that many have some kind of vision impairment. 80% of vision problems worldwide are avoidable or even curable. Meanwhile 25,000 children in Britain alone are blind or partially sighted. Likewise, every six minutes someone is told they're going blind. As a result of this, 250 people per day lose their sight in the United Kingdom.

On the whole I can't change the world but I certainly can change how some young people see it and that is why when I grow up I want to be an optometrist.

PIPPA HUDSON

Wormley Primary School



## Herts Beds Bucks Rotary fund life-saving technology



The Lister Hospital in Stevenage is now the owner of a brand new fibroscan device which will be crucial in the battle to combat liver disease. The fibroscan is a type of ultrasound which can measure the degree of inflammation in the liver. It is a simple, painless test which uses high-frequency sound waves and for doctors, it is a vital piece of equipment to detect liver disease early.

Now, thanks to funding from Rotary clubs in Hertfordshire, Buckinghamshire and Bedfordshire, together with a generous donation from The Rotary Foundation, this technology is now available to the East and North Hertfordshire NHS Trust. The hepatology service at the Trust provides inpatient and outpatient liver services to a population of 600,000 people. Because of the prevalence of liver disease and the need to act swiftly, the Lister Hospital developed a five-year strategy to provide an improved hepatology service. And this was built around the need to have a fibroscan device. Lack of trained staff was another issue. **“We were overwhelmed with the generosity of all the local Rotary clubs that contributed.”** All it took to meet the problem was a single phone call to Ron Gibson from Potters Bar Rotary and, four months later, thanks to the work of the Rotary District team, £50,000 was found to pay for the fibroscan, the XL Probe, training, installation, and part of the maintenance cost.

The money came from a Rotary Foundation Global Grant, set up by the District 1260 Foundation Committee. Rotary in Great Britain & Ireland President, Debbie Hodge, attended the presentation of the device. There, she described the work of The Rotary Foundation and mentioned what Rotary can achieve when working together. Forty clubs had provided funds, with other money coming from District 1230 in Scotland, District 3036 in India, and District 9675 from Sydney, Australia. Money was needed from abroad to meet the Global Grant requirement of 30% of the money coming from outside the host country. Debbie also mentioned how Global Grants in your own country are very worthwhile, showing how Foundation money is well spent, doing good in the world.

Dr Simon Greenfield, Clinical Director for gastroenterology and hepatology with the East and North Hertfordshire NHS Trust, said he was delighted with the purchase of the liver fibroscan. He said: “The equipment means that many patients will no longer need to undergo a painful liver biopsy in order to diagnose liver scarring. “We can’t thank the Rotary clubs enough for their ongoing support and for all the incredible work they put back into our community”.



## Royal visitor comes to Hoddesdon

On 1st March 2019, HRH The Princess Royal, President of the UK Fashion & Textile Association, visited heritage brand and luxury luggage maker Globe-Trotter at its factory in Hoddesdon, Hertfordshire to help celebrate British-made products.



Many of us will know of former local company House of Patrick owned by our Hoddesdon Rotarian Barry Fitzpatrick (seen right with Princess Anne) and his family. When they sold to Globe Trotter in 2013 Barry continued with the business working part time at their relocated premises in Bingley Road Hoddesdon.

Her Royal Highness spoke to staff as she was given a tour of the Globe Trotter factory floor, seeing the range of luxury leather products in production using techniques dating back to Victorian times including handcrafted suitcases. To manufacture a bespoke suitcase can take around ten days involving many hours of skilled application by experienced local employees.

Accompanying Princess Anne, Adam Mansell, CEO of UK Fashion and Textile Association said: “Globe-Trotter produces luxurious fashion-led luggage right here in England and has gained great international success both for its own brand whilst also working with some of the most iconic fashion brands in the world. The company fuses high-tech with artisan skills, using original manufacturing methods and machinery alongside state-of-the-art technology to create products that are built to last a lifetime.” The Royal Visit forms part of UKFT’s Let’s Make It Here initiative, which celebrates Britain’s rich manufacturing



James Fisher, Globe-Trotter’s Business Development Director (Barry’s son in law) said of the visit “We were very honoured to have HRH Princess Anne visit to the Globe Trotter factory.” For Barry it was a high point in what has been a long and successful career in the book binding and leather goods industry. Our congratulations go to all at Globe Trotter.



# Broxbourne through the ages with David Dent

If you've lived in Hoddesdon for a while you will surely have heard of local historian David Dent. In February we were lucky enough to receive a talk at Hoddesdon Rotary Club from David with the subject Broxbourne and its past.



The name is believed to have derived from Old English words 'brocc' and 'burna' meaning badger stream. The stream at Spitalbrook is well known and in centuries past was the boundary line between Hoddesdon and Broxbourne (see opposite page). Close by is Ermine Street the Roman Road, and the area will have had some connections at that time.

The Manor of Broxbourne is mentioned in the Domesday Book and was held by the Stigand (Archbishop of Canterbury) but passed into Norman hands at the time of the Conquest. The Broxbourne Mill was mentioned in the Domesday Book, and was at the end of Mill Lane, the route to Nazeing at that time. King John granted the Manor to the Knights Hospitalers until the Dissolution when it passed to John Cocke (re Cock Lane) by Henry VIII in the sixteenth century. Broxbournebury House was the principal property.

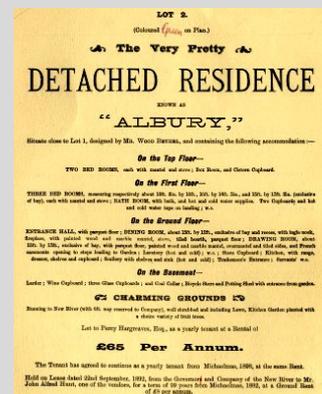
The Monson family occupied the Broxbournebury Estate in the eighteenth century, having wealth and connections to The East India Dock Company and political status. Money was bequeathed to maintain the Monson Almshouses, erected in 1728 and still in the High Road, Broxbourne. Occupants had to be over fifty and of the Church of England.



Jacob Bosanquet bought Broxbournebury in 1790 at the time of his marriage. Born in Hamburg he was a silk trader but moved to be a director of The East India Dock Company going on to become the chairman and later the High Sheriff of Hertfordshire. In 1946 Hertfordshire County Council bought the house and some of the land and it was later sold to become the Hertfordshire Golf and Country Club.

The Parish church of St Augustine was rebuilt in the 15th century and paid for by Sir John Say, his tomb found in the church. A Purbeck marble font remains and some of the internal monuments date back to the fifteenth century. Alongside the church is the New River which was constructed and completed in 1613 by Sir Hugh Myddleton taking the fresh water twenty odd miles to London.

In 1840 the railway came to Broxbourne with the Northern and Eastern Railway Company, bringing new wealth and people to the area. This was a risky form of transport initially, passengers offered insurance with their tickets for a penny. Developers including the son of Jacob Bosanquet built quality houses close to the railway, with Churchfields and later St Catherines Road built by Alfred John and Thomas Hunt.



Properties were leased initially for 99 years at £65 p.a. Station Road replaced the previous minor road and stands as we know it today with houses built for £750 by W J Hayward.

The picture shown here is of Spitalbrook, taken c 1908 and showing The George which was built in 1860. Until 1872 there had been a toll house close to Spitalbrook bridge. Until the end of the eighteenth century all traffic would have needed to ford the brook with the bridge built in the early 1800's.

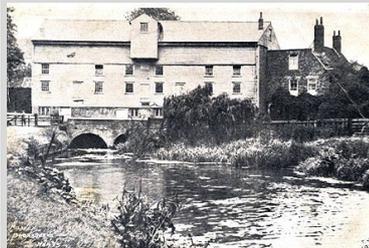
In 1899 an application was submitted to build a tram line from Enfield to Broxbourne, but this was declined - the route subsequently extended as far as Waltham Cross but superceded by motor bus and train in the 1930's with the Southbury Loop.

There had been a level crossing at Mill Lane but a road bridge was built alongside Broxbourne Station in 1909 improving the route to Nazeing.

It is interesting to note the 'dog leg' bend in the bridge which was necessary due to soft ground and the unsuccessful attempt at piling to create a straight road.



Broxbourne Mill changed hands many times, and it is recorded that there were several mills in the area over the centuries. Listed in the Domesday Book in 1086, but the first



known owners were the Knights of St John with the mill in use for more than nine hundred years. It ceased grinding grain in 1891, and was used for various purposes until 1949 when it sadly burned down. Lea Valley Authority restored some of the site in 1977 with the sixteenth century floor still in place and some of the machinery remaining.

We thanked David for a very interesting talk, and it was good to learn more about our locality and surroundings. There are range of local books that David has published over the years available in Hoddesdon Library and more information can be found at the Lowewood Museum in Hoddesdon High Street.

[www.broxbourne.gov.uk/leisure-lowewood-museum](http://www.broxbourne.gov.uk/leisure-lowewood-museum)



## National Youth Theatre—Tom Culley (update)

Tom Culley came and spoke to our club last year following receipt of a Vocational bursary and he has provided the following update.

In the summer of 2017 I decided that I wanted to develop my skills and interest in the world of Technical Theatre. Since the age of 12 I have developed a basic knowledge and understanding of Technical Theatre and felt that the NYT (National Youth Theatre) would give me the platform to develop.



Following this I decided to apply to become a member of the company and complete a 3 week course in “Sound” over the summer holidays. Luckily enough, I was successful in my interview and now needed to start fundraising to make the step forward in my career possible. Without the help of the Hoddesdon Rotary Club this wouldn't have been possible. Over the 3 weeks of the course I was able to work with a Sound Designer currently



working in the industry who was delivering our training but also ensured that we had the contacts and skills to find work after the programme. We learnt about the other departments that make a production happen and used a range of equipment throughout the week.

In our first week we studied a range of theories and parts of science that make up soundwaves and also studied techniques used in theatre, broadcast and filmmaking to create sound effects and atmospheres.

In our second week we focused on live sound and mixing (something that I now spend most of my time doing) where we had a vocalist & guitarist come in to visit us and we ran all of the technical aspects alongside our Lighting teams.

Finally, in our last week we had to put together a series of carousel productions in multiple different spaces. My space, “The Barn” was a soundscape designed around the piece that the drama department had put together and also showcased the work from the costume department. This was a difficult task designed to put us under pressure and simulate a real life theatre environment. At the end of the 3 week programme I had become a sound engineer. Someone who understood the theory, design and implementation of Audio Engineering and enabled me to gain employment in the industry.

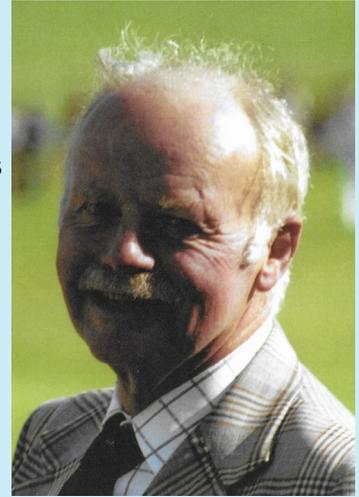
Following the week's course, I have worked on NYT's production of Zigger Zagger and worked for large events companies providing technical services all across London. Thanks to NYT and the support of the Hoddesdon Rotary Club I was able to kick-start my career in the Technical Theatre industry.



## Paul Wallace , seventy years 1949—2019

Anyone that has lived in Hoddesdon for a while will know the name of Paul Wallace, the former estate agent's business still prominent in our town. Paul died in 2008 aged 92 after a long and successful career, and the commercial and residential sales businesses are celebrating their seventy years anniversary.

Born in Mostyn North Wales, Paul moved to Hertfordshire and after serving as a captain in WWII both in Sicily and North Africa he started what was to be a very successful estate agency. In 1959 Rotarian Peter Haynes joined the business becoming a partner five years later, and additionally Stanley Vaughan joined in 1953 later becoming a partner. Peter's son Neil joined the estate agency in 1980.



Originally working from their office at 20 Amwell Street the business moved to the 'The Old Cottage' in High Street Hoddesdon, a building of character, as the existing site needed to be demolished making way for the Tower Centre. A new office block was added at the rear of the 300 year old building in 1968 and called Wallace House. During the 1950s and 60s new branches were opened during a boom period, in Epping, Hertford, Ware, Waltham Abbey and Welwyn.



In 1984 the partnership amalgamated with Rotarian Roger Lee's company adding the professional surveying and valuation side to the business, all based at the head office. Peter (pictured left) and Roger continue to work from these offices whilst the residential side have offices at Brookfield Centre Cheshunt (opened in 1983) and the Hoddesdon office in the centre of town.

Paul remained active in our community, having interests in golf, fishing and shooting but he was also a keen member of Hoddesdon Rotary Club and president in 1958. Married to Molly he had two sons and a daughter, followed by eight grandchildren. Having lived in Saffron Walden in semi retirement, Paul and Molly eventually moved to Guernsey where they remained until Paul passed away eleven years ago.

Our congratulations go to all at the Paul Wallace estate agency group for seventy years in the business. Pictured right are members of the Paul Wallace residential team including director Peter Gold, sales manager Jordon Falco, office manager and former partner John Callaghan, director Paul Leadley and administrator Joanne King.



## Freedom of The City of London

Past president and Rotarian Roger Lee has received the Freedom of The City of London, at a ceremony at The Guildhall in January. Now a 'freeman' the medieval term meant someone who was not the property of a feudal lord but enjoyed privileges such as the right to earn money and own land. Town dwellers who were protected by the charter of their town or city were often free – hence the term 'freedom' of the City.



From the Middle Ages and the Victorian era the Freedom was the right to trade, enabling members of a Guild or Livery to carry out their trade or craft in the Square Mile. A fee or fine would be charged and in return the Livery Companies would ensure that the goods and services provided would be of the highest possible standards. In 1835 the Freedom was widened to incorporate not just members of Livery Companies but also people living or working in the City or those with a strong London connection.

Roger is seen above centre with wife Jane and accompanied by Rotarian Ted Gradosielki and his wife Jackie.

## 'Time to Serve' and The Vulcan Bomber



At Hoddesdon Rotary Club some of our members will remember former Rotarian John Weaver, a Hoddesdon member before moving from Broxbourne to Woodbridge in Suffolk. John spent two years between 1959—1961 in the RAF doing his National Service and was based at RAF Cardington in Bedfordshire. He moved to other bases including RAF Waddington and as a qualified electrical engineer (Electrical Mechanical—Air) John was assigned to work on the Vulcan bomber. This was at the time of the Cold War with the USSR and the bomber was key to Britain's defence, also used again in the Falklands War. It was decommissioned in 1984 after twenty eight years of service.

John has recently written a book 'Time to Serve' describing his years in National Service and recalling his affection for this incredible plane. He was reunited with the Vulcan in 2008 when one of the aircraft had been fully restored (after much fund raising) and given a permit to fly. A nostalgic reunion was arranged by the family with a return to RAF Waddington. Anyone that served with the RAF or completed National Service will be able to relate to John's experiences and the anecdotes from fifty odd years ago.

A limited number of copies have been printed on a not for profit basis, and, if of interest, contact Lawrence Bone 07803 700919.



## Harry Herbert's Special Olympics

We were pleased to welcome local teenager Harry Herbert and mum Sharon to lunch with us at Hoddesdon Rotary Club recently.

Last year an appeal was made to support Harry (seen on right of the picture) to fund a trip to Abu Dhabi to enable him to take part in the Special Olympics 2019. A keen basketball player Harry was one of ten players selected to represent Great Britain at the 15th Special Olympics World Summer Games held in The United Arab Emirates in March.

Over 170 nations took part with 7000 participants, this the largest sports organisation for children and adults with intellectual disabilities. This event has been held every four years since 1968, the previous games held in Los Angeles.

In this country each participant had to raise the funds for their travel and expenses whilst away, in the region of £2500. At Rotary our Vocational Committee were pleased to support Harry and make a contribution.



The Games were a great success and Harry's team returned with gold medals, duly displayed to our members along with an album of pictures showing how they participants enjoyed their time in the UAE. More details can be seen at - [twitter.com/SOGreatBritain](https://twitter.com/SOGreatBritain) Well done Harry !

## Hoddesdon Rotary 200 Club

- ◆ Be A Rotary Prize Draw winner .... **Maximum total prizes £5,200**
- ◆ The 200 Club is simplicity itself and easy to join.
- ◆ Every participant has a chance in the quarterly draw
- ◆ Many prizes awarded from 50% of the proceeds
- ◆ Remaining funds donated to Rotary charitable causes
- ◆ Payment of **£1** per week, by quarterly standing order or cheque for an annual payment.

To join please text or call 07803 700919 or speak to one of our members and we will be in touch to confirm acceptance and to forward an application form.



# HELPING (In Gambia)

This Stanstead Abbotts based charity is well known to us in Rotary and we have featured them here in recent years. Chris and Margaret Meeks decided to form the charity 'HELPING' having been to Gambia on holiday and wanting to support local children at schools and nurseries with their education.

The couple have visited each year since 1998 providing supplies and arranging finance from individual UK sponsors. HELPING has a sponsorship scheme which allows supporters to donate anything between £10 and £50 a month to feed and educate children and to pay their teachers. Every single penny of sponsorship money is spent in The Gambia, helping children.

In recent months an appeal was received for a three wheeler vehicle and trailer to carry goods, and local Rotary Clubs were able to provide the finance to purchase the vehicle. Ian Woodall and his wife (seen right) are also volunteers for this charity and whilst visiting Gambia earlier this year were able to trial the new transport.



The Gambian government provides schools but education is not free and families have to pay for school fees, uniforms and stationery. School uniform is compulsory but school is not! Gambian families tend to be large and a family may only have the money to pay for one child to be educated. There is no automatic progression from one school year to the next and pupils have to achieve a level of competence before they move up a class. Many children have to drop out of school for lengthy periods if they cannot afford school fees, then restart at the point at which they left. As a result, classes comprise children of a wide range of ages and some children do not finish school until their 20s.



Gambians place a high value on education and children are very keen to learn. Many travel long distances on foot to reach their nearest school and class sizes can be as large as 80 children with one teacher. They struggle with very limited facilities and equipment in buildings which usually have no electricity and sometimes no water. All teaching in Gambian schools takes place in English which is a second language for all the children.



If you think that you might be interested in supporting HELPING in any way details can be seen at their website



## Barclay Park Run

In March we were pleased to hear a talk given by Catherine Penketh, representing the national charity Park Run. In Hoddesdon every Saturday runners can be seen gathering in Barclay Park at 9.00am ready for a five kilometre run.

Established in 2004 by Paul Sinton Hewitt, the Park Run was originally called Bushy Park Time Trial (London), a small event for local people but the word spread and by 2008 other events were being held across the country and managed by teams of volunteers.



At a time when health and exercise had become a key focus for the population with obesity causing many health related issues, Park Run proved to be extremely popular and a regular event to be shared with like minded people.

Park Run became so successful that it spread across the world with over 1400 weekly gatherings in more than twenty three countries, including USA, South Africa, Australia, and Denmark. The first overseas event was held in Zimbabwe (Paul Sinton Hewitt's birth-place), and there are now over five million runners registered with Park Run across the world. Events are held mostly in city parks, but also on beaches, nature reserves, race-courses and even in prison.

The charity states that it is not a race, but people do compete and the fastest run to date was completed by Andrew Baddeley at Bushy in 13 minutes 48 seconds in 2012, and the fastest female to date is Charlotte Arter who completed the distance in Cardiff in 15 minutes 50 seconds earlier this year.



Most runners compete the five kilometres (3.1 miles) in half an hour, but with some courses including steeper gradients (as with Barclay Park Run) the times can be slower. Participants can run at any of the events around the country or abroad, using their electronic bar code to register at each event and with their times recorded and displayed online for comparison and progression if wanted. Junior events are held every week usually on a Sunday and over shorter distances but encouraging youngsters to take part and lead healthy lives.

Catherine has visited a good number of the Park Runs across the UK and abroad, and devotes many hours to supporting the local events in Harlow and Hoddesdon. She also includes members of her family as volunteers in marshalling the courses. Catherine is seen above with President Elect Chris Waddington, who thanked her for a very interesting talk, with the thought that it may prompt some of our more sedentary Rotarians to give Park Run a try!

[www.parkrun.org.uk/barclay](http://www.parkrun.org.uk/barclay)



## Meeting a Local Need

It was my wife's fault at the start. She would admit it too! We had been reading about how many people, especially elderly folk, are desperately lonely. Sometimes a whole week goes by and they see nobody, perhaps not even the postman. They venture out as far as the shops, perhaps, otherwise there is no human contact.

Twenty-five years ago there were thriving clubs for the "Over Sixties" - one in Hoddesdon and the other in Wormley - which were led by enthusiastic, retired but very active ladies. Mrs May Bingley (sister-in-law of Juliet Bingley) was at Wormley every Wednesday and Juliet (Lady Bingley) was usually to be seen at Hoddesdon. Each venue attracted over 50 old folks who enjoyed a variety of indoor pursuits while consuming gallons of tea and chatting for an hour or two.

Over the past two decades numbers dwindled, the leaders like Doreen Dear and Joyce Batchelor passed away. None of their fellow members proved willing to take on the leadership; first Hoddesdon and then the Wormley Over Sixties Club ceased to meet. That was the moment for something new be started for lonely people. **Tuesday@2** first met on 4th April 2017. It has met on the first and third Tuesday of the month ever since, a new expression of the church in the community.

Our initial team of six helpers, drawn from the congregation at the local Parish Church, St Laurence, Wormley, remains largely unchanged, but the number arriving at Bushby Hall each time has steadily grown until we now see 50 or more. Games equipment, which had been tucked away unused for some years, has been augmented and leapt back into renewed life in the hands of this animated group.

The knitting needles have supplied blanket squares enabling about 200 blankets to be handed to ageUK, the jigsaw puzzles have the rapt attention of some, others prefer snooker or table tennis, also there's a sing-song, and a short session of bingo. Tea or coffee and cake are popular with all.

There is no charge for admission, just a donations basket on the refreshment table, while Iris, leader of the group, runs a raffle to meet expenses. All are welcome to join in the fun or come to help at Bushby Hall. Thank you to Rotarian Peter Lardi for this article.

If anyone would like to know more about the various local groups that meet each week there is a list that can be provided to anyone that would like one, text or phone 07803 700919.



Footnote : A survey conducted by Rotary International found that nearly half of people (47%) in the UK and Ireland felt lonely, with a third (32%) feeling more alone than they did five years ago. It appears that this epidemic is affecting the younger generation in particular with over one in ten (14%) in the 20-34 age group say they feel lonely *all the time* compared to just 3% of over 55's.



## Rotary Club Trustees

So occasionally we hear reference made to our club trustees, but what do they actually do ? Chair of Trustees Howard Connor has written the following epistle giving some insight to the responsibilities that they hold..

**At one time the main activities of the club were carried on in a way whereby the member officers and trustees had an unlimited personal liability in the event of any claims against the club and their exposure was not covered by any insurances.**

**In reviewing the club's practices our insurers required that we carried out risk assessments and address any perceived risks so as to minimize any potential claims**

**Members leading busy lives we were not always very good at doing this!**

**In most other avenues of life, such as running a business, a limited liability company would be used to protect those involved. Accordingly we formed the Rotary Club of Hoddesdon Benevolent Fund Limited being a company limited by guarantee to take over the fund raising and charitable events previously undertaken by the club's Benevolent Fund.**

**The company has three directors, Howard Connor, John Hiscock and John Glover. Its constitution meets the requirements of the Charity Commission and as such it has been registered as a charity. The directors are also trustees of the charity. In that capacity the trustees delegate to the Club Council the officers and the service committees and keep an overarching review of their activities. They also undertake various ad hoc functions where they perceive the need to do so. Recently following the departure of David Bradburn there was a vacancy for the position of Club Compliance Officer which John Hiscock offered to fill. He has been busy revising, reviewing and getting approval for the club's numerous policies.**

**There was also the need to review and update the club's constitution, this time consuming task also completed by John. With the change to a limited company we also needed to be re-registered with HMRC for gift aid purposes, and John Glover completed this task, although with some degree of frustration!**

**The directors and trustees have to review and approve the annual accounts and most recently noticed that the annual payment to Rotary Foundation had not been made. The letter heading used by the club's officers was not correct in that to maintain the protection of limited liability the details on each letter must be correctly recorded, amendments since made to all stationery.**

**The Charity Commissioners provide a self assessment checklist which relates particularly to the financial procedures, and these are reviewed annually.**

Thank you Howard for the insight and on behalf of all members it is good to know that an eye is being maintained on all that we do by our trustees.



## You must be joking.....

Some years ago Hoddesdon Rotarians published a list of limericks featuring various members of our club, and some are repeated below along with some new variations that have been adapted by one of our keenest members (the editor is absolved from any responsibility or liability!)

A catering chappy called **West**, had enormous great holes in his vest The straining of pasta went very much faster when he sieved using the strings from his chest.

There is a young Celt from the vales who tells the most lurid of tales  
When he gets to his feet the fellows retreat, to the bar for consumption of ales.

There was a Rotarian called **Neighbour** most adept at tossing the caber  
Accounting his skills that paid all the bills and made him a renowned tax saver  
There was an estate agent named **Haynes** who also loved playing with trains  
When blowing a whistle his clients did bristle but Peter sold more houses than Lanes

A local bookseller called **Lardi** sells books from Shakespeare to Thomas Hardy  
He also does print, deadlines always met his copy on time never tardy

Our resident joker is he, John **Hiscock** the bringer of glee, the jokes never end,  
home bound we are sent, amused and content the way it should be

There is a young beekeeper called Ted, who makes sure his bees are well fed,  
He sells all his honey for plenty of money and spends it on Harleys it's said.

Our Counsellor member Ken Ayling Is never found wanting or failing  
His support for our causes shames all Santa Clauses And leaves other fund-raisers still trailing.

Our Secretary's name is Mike Marsh His thespian life has panache  
His Minutes are vast and his friendship steadfast But his pressures are certainly harsh

Martin Lynas is keen on his bike and his spreadsheets all look for a spike  
He leads from the front, absorbs the brunt Even a troublesome Mike

Arnold Granat has a heart that is huge But call him Arnie and you face a deluge  
He helps young and old a really good mate but make allowances he just might be late!

Our Chase The Ace capo Terry Fisher is a committed Rotarian/ well-wisher.

A fine youngish man who is willing to relieve you of (old) twenty shillings  
So his nickname is Terrible Fissure.

Thank you to our anonymous author . If you think that you can contribute with further witty limericks relating to our Rotarians feel free to forward them for the next issue.  
Please do gain consent from the party mentioned beforehand.

A date for your diaries—On Friday 31st May we will enjoying a meal at The Highland Restaurant in Broxbourne with entertainment from the West End. The evening has been arranged to support next year's venture which will take youngsters on a lifetime's experience walking across the country from coast to coast. Tickets £26.95pp—phone 01992 466933 to book.



## Future Events

22nd May Spring Variety Show

31st May Highlander C2C meal

14th July Summer Lunch

30th September—Charter Night

25th October Celebrity Night

**teens:)unite**  
[www.teensunitefightingcancer.org](http://www.teensunitefightingcancer.org)

Visit us for a coffee at  
Railway St Hertford

★ GARDEN CAFE ★

*Mudlarks*



Find us on:  
**facebook®**



Distributed to over 200 local residents, schools and local business in the Hoddesdon and Broxbourne area this could be a great opportunity to promote your local services .

For further information please contact Lawrence on: 07803 700919

## WHO'S WHO DURING 2018-19 IN HODDESDON ROTARY CLUB

President: Martin Lynas  
President Elect: Chris Waddington  
Immediate Past President: Roger Lee  
Secretary: Mike Marsh  
Treasurer: Tony Pomfret

### Council Members

Ken Ayling,  
Peter Haynes,  
Meirion Morris,  
David Johnson  
Roger Merton,  
John West

### Chairman of Service Committees

Club Service - Chris Waddington  
Community Service - Arnold Granat  
Foundation - Meirion Morris  
International - John Glover  
Membership/Publicity - Lawrence Bone  
Vocational - John Glover  
Ways & Means - Roger Merton

-----  
Attendance: Mike Marsh  
Auditor: Roger Abraham  
Bulletin & Communications: Lawrence Bone  
Chase the Ace: Terry Fisher  
Code of Practice: David Bradburn  
Evening Drives: Roger Lee  
Extension: Meirion Morris  
Friends of Rotary: Ken Ayling  
George Fuller: Mike Marsh  
Sergeant at Arms: Barry Fitzpatrick  
200 Club: Roger Abraham  
Club Archivist: Tommy Knight

## Can you help?

We're always looking for volunteers to help us out. So why not get involved today!

**Find out more**



Thanks to our local Sponsors who help us with our publication costs

  
**paulwallace**  
estate agents  
Cheshunt 01992 781100  
Hoddesdon 01992 466471

## Highland Restaurant

8/11 The Precinct  
Broxbourne Herts EN10 7HY

01992 466933

# Saffron

INDIAN RESTAURANT

25 High Street Hoddesdon 01992 461171  
Email info@saffrononline.co.uk11

## Attfield & Jones Chartered Architects

Church Farm Cottage, Rushden,  
Nr. Buntingford, Herts SG9 0SG

Telephone: 01763 288111  
E-mail: attfield-jones@btconnect.com

**Paradise Wildlife Park**  
**Open every day**  
**except Christmas Day**  
**01992 470490**  
**www.pwpark.com**  
**EN10 7QA**

**PSL** AUTOMATION



**Secure, bespoke, electric gates**  
**and architectural metalwork**  
**T: 020 8344 9650**  
**E: sales@pslltd.com**  
**W: www.psltd.com**



*Your local independent  
electrical wholesaler*

**TEAM ELECTRICAL  
SUPPLIES (LONDON) LTD**

Unit 68 Hillgrove Business Park, Nazeing Road,  
Nazeing, Essex, EN9 2HB  
Tel: 01992 899097 Email: sales@teamelectrical.co.uk  
www.teamelectrical.co.uk

2 Adelaide Street,  
St Albans, Herts, AL3 5BH  
t: 01727 730 550



*Accountancy, Tax & Wealth Management Solutions.*

www.visionaryaccountants.co.uk  
e: enquiries@visionaryaccountants.co.uk

 **Back to Health**  
Hertford

Freeing you from Aches and Pains and getting you  
'Back to Health'! 57 Railway Street Hertford  
SG141BA, 01992 504814,  
www.backtohealthhertford.co.uk,  
lno@backtohealthhertford.co.uk

**YOURCUSTOM  
CLOTHING**.COM  
**0800 2465245**  
**BROIDERED & PRINTED CLOTHI**  
**STANSTEAD ABBOTTS**

[www.hoddesdonrotary.org](http://www.hoddesdonrotary.org)