

# NEWSLETTER



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## ABOUT US

**GIVE SOMETHING BACK:** If you enjoy helping others, connecting with Rotary lives you the chance to do something really worthwhile.

**FUN AND FRIENDSHIP:** Rotary is a lot of fun. We arrange a lot of activities which provide a welcome distraction from busy lives and the opportunity to make new friends who share common values.

**BUSINESS OPPORTUNITIES:** Rotary was founded over 100 years ago as a business networking club and this is still part of Rotary life. Ethical practice is encouraged and, with members drawn from all walks of life, the opportunities to network are endless.

**PERSONAL DEVELOPMENT:** You will develop your cultural and social awareness through membership of Rotary as well as Public speaking, social, business, personal and vocational skills.

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## FROM THE PRESIDENT!



As your President, I would like all of us to pause a bit and "IMAGINE" what we can give the world around us in order to make it better. I mean "help" to build by introducing small changes in our daily lives. I know all of us are leading busy lives with friends and family, and therefore finding extra time for strangers or someone far from our familiar circles isn't easy, but it's something we, as Rotarians, need to do.

The world is changing so fast around us, especially living costs, which keep on increasing ever since COVID-19 hit us

hard. And, what COVID-19 made us do, is to rethink how we see the world around us. We are now many of us autonomically starting to realise the pain points in our society, i.e. how old and people with pre-existing health conditions are very vulnerable. Sometimes, these thoughts may fade away without associating changes that triggered the problems. I know many of our club's project leads and members are working to support these areas. Let us continue to work on those.

We, as human beings, sometimes fail to see real world impacts. I see it "being human" and our priorities are different in our daily lives. However, we do see it, but ignore to recognise or register sometime. I'd like to urge you to take a "small" step towards recognising the problem first.

In order to improve, we need to understand the problem first, it could be social or technological and engineering. I'd like to establish that sort of thinking during my tenure as President of our amazing club. You will hear a lot more about these from me. Once we know the problem, people with our knowledge and motivation will be able to provide solutions and support.

I'd like to touch base on an event that made me "rethink" and would like to see what you think, and how we introduce "bridge the gap" solutions to this story. Two weeks ago I was at my local post office. I was waiting behind an older lady. When her turn came, I saw her walking very slowly and reaching to the counter and talking to the teller. I did not bother to register what was going on. But as time went on, I mean more than 5 minutes (my longest engagement with the teller is normally less than 2 mins), I obviously became interested in what is going on. I clearly see the lady trying to buy stamps and get cash also. She was struggling to punch the PIN into the keypad and it failed twice. What happened next has shocked me.

The old lady asked the teller to punch the number on the payment card reader by sharing the PIN. Now, you know what can go wrong with this vulnerability. I cannot get this moment out of my mind ever since and felt very sad about the lady's situation. I would like to see your thoughts on "how to help" in order to "bridge the gap". I'd like to talk about this in our club meetings and look forward to steering your thoughts into action!

*Neil Talgeri*

# SOCIALS: A TOBY & A PICNIC

May's monthly social was a meal at the Toby Carvery in Maidenhead. It was my first club social and I had taken on the responsibility of organising it on top of that. I hadn't been to Stafferton Lodge before but reasoned that you can't go far wrong with a carvery - especially when it is as budget friendly as a Toby! The conversation was engaging from the off and I actually needed to be prodded to order food.

Once we'd gone up for our carvery, many of us had plates piled sky high and were commenting on having eyes bigger than our stomachs. It took a bit of time before someone brought it to our attention that Albert had gone for the large carvery option and therefore had even more food than the rest of us! There had evidently been some discussion (and possibly even banter) amongst a few of the guys about going for the large option. But when it came down to it only one went through with it. Honestly, credit to Albert for finishing everything on his plate - not all of us did :)

Some people even managed to eat the sizable Toby desserts, though I have no idea where they put it all! While some of us opted instead for liquid dessert :) The evening was chilled, friendly and fun. Thank you to everyone who made it such a great social!

As we got into the first glimmers of summer, the weather was so inviting and the seeds were sown for a club picnic. Those seeds grew and on 10th July, a group of us got together in Oaken Grove Park. I chose this park after someone suggested it because of the beautiful surroundings, the Rotary connection with the Sir Nicholas Winton Memorial Garden and the amenities there. I had booked the weather in advance too and it was glorious :) Real picnic weather with the sun out and a lovely breeze. We took a gazebo with us so that we had guaranteed shade and it was much appreciated by all!

The variety in what people brought to eat was great - there was a bit of everything from shop bought to homemade Nisha and Harrie showed us all up though as they brought alcohol-free bubbly and a big tub of ice cream to share before it melted completely in the heat! There was lots of grazing and some ice creams from the cafe as well.

I had also brought a Swingball set along which provided some fun entertainment. Paul and I had an intense match with some real power shots being exchanged! Ultimately, Paul won 3 games to 2. There were other fun games of Swingball but I didn't win any that day! We were only there for a couple of hours but it was a fun break in the day to just spend some time together away from volunteer duties or meetings. I hope we can do it again some time :)

**Carole Carter**





# LEARNING: NEW YEAR, NEW THEME

Rotary International President Jennifer Jones wants members to imagine the possibilities in the change they can make to transform the world.

In her address at the International Assembly in January 2022, Jennifer told a story...

On August 14th, Nick and I made our way to Evanston, Illinois — home of our Rotary International headquarters and our new home for the next two years. I must confess, I was incredibly excited to finally sit in my president-elect office. To work from a space that I have respected for years. It was also nice to work from someplace other than my dining room table.

Within the first week, I received a private message from a Rotarian early in the morning. He said, "I am not sure if you remember me. You have spoken at our club, and we met in Hamburg." He went on to say that he had a long-shot favour to ask me.

His club had a relationship with a scholar, a peace activist in Kabul, Afghanistan — a young woman who was now in danger. Was there anything I could do to help get her onto an evacuation plane? He told me that smartphones were being confiscated and she was using hers with a private network to mask where she was phoning from. We all remember the scenes as thousands of desperate people were trying to flee from the Kabul airport.

From the comfort of my new office, and sitting behind my big desk, I suddenly felt very small. Who was I, and what could I possibly do?

A few years earlier, Pat Merryweather, one of our Rotary International directors, introduced me to a peace fellow who held the kind of position that could perhaps influence this type of situation. Now it was my long shot. I reached out, and that certain Rotary magic that we all know so well took over.

It's the Rotary Peace Fellow who's the hero of this story. I don't know everything that happened, but in less than 24 hours, the young woman was on an evacuation list. Two days later, we learned she was safely en route to Europe for further processing. Imagine her thoughts that day as the plane launched into the sky.

This, my friends, is the power of Rotary. When the right connections are made, the world aligns and our stories merge. Our differences dissolve, and the only limit to our impact is the barrier of our imagination.

Jennifer, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, revealed the 2022-23 presidential theme, Imagine Rotary, as she urged people to dream big and harness their connections and the power of Rotary to turn those dreams into reality.

"Imagine, a world that deserves our best, where we get up each day knowing that we can make a difference."

Jennifer closed her address by saying that although we all have dreams, acting on them is a choice we make. When an organization like Rotary dreams about big things like ending polio and creating peace, she said, it becomes our responsibility to make them happen. "You don't imagine yesterday," Jones said, "you imagine tomorrow."

Imagine a world without polio.  
Imagine a world with clean water for everyone.  
Imagine a world free of disease.  
A world where every child learns to read.  
Imagine kindness and hope and love and peace.  
And that, my dear friends, is why our theme is Imagine Rotary.



# CELEBRATING 2021-22: THE PAST PRESIDENT

It has been a fantastic year and it was an honour to act as President for our club. Back in July 2021 when I first took up the Presidency we were just at the point of fully opening up following a long period of Covid-19 restrictions. It was a very exciting time to be President and to welcome again all the wonderful summer events we'd all enjoyed in the past and see new events created, such as the Waterways Fun Day.

At the same time our club continued to play a lead role in the community with long-standing initiatives such as supporting Foodshare, as well as the drive to keep everyone up to date with their Covid vaccines.

In October it was a pleasure to help out with the Boundary Walk and I got to meet both the Mayor of Maidenhead (John Story) and our MP and former Prime Minister the Rt Honourable Theresa May. The Boundary Walk has become a Rotary institution in our neck of the woods over the years and it was great seeing so many families help us raise money for local charities; as well as enjoy the benefits of walking and the wonders of nature in our local area.

Also in October a number of our members helped plant Crocus bulbs in various spots around Maidenhead to build awareness of a key Rotary objective – to rid the world of Polio. There was also an inspired idea from one of our members to organise a Safari Supper where a group of us literally went on a safari around different members' houses in order to enjoy a variety of delicious treats on offer. Each host, at each venue, was responsible for a different course of a full meal. Great idea, very memorable!

In November we hosted a very special 'Meet the Scholars' event – where we got to virtually meet some Rotary scholars with some seriously impressive resumes. The future is in good hands!

Rolling onto December we organised plenty of festive events, who can forget the Festive Hook a Duck stall at the Christmas Lights Switch-On that quickly became forget about the ducks, hold the gazebo down before it takes off in the wind!!! We also organised hampers for the homeless. To round off 2021 we had our annual Christmas party after having missed a year. Omnicron briefly threatened to throw a spanner in the works but fortunately it all turned out ok in the end and much dancing and fun was had by all!







In January one of my highlights was the tree planting event organised by our environmental sustainability team. A very educational and inspiring event also showing off the power of collaboration – seeing new trees popping up all over the landscape was such a wonderful site. The effects of climate change have already become a real threat to us and our way of life, how we treat our environment is a top priority for all. Its great to see our club making such a big difference.

Early spring was a whirlwind of events, the club engaged in more green projects including organising litter picks and inviting Zoe McAvoy to talk about her Green Earth Plan initiative that is in operation in the Maidenhead\Windsor area. Easter 2021 we were finally able to, after 2 barren years due to Covid, bring back Easter family fun day. It was a huge success and a massive highlight of the year.

Early Spring was also when we kick-started social events including several curry nights. The social diary is still running very strongly with social events lined up every evening at the end of each month.

So that brings us to summer. It has been a great summer at the club. Our club were at the forefront of the Queen Jubilee celebrations in Royal Windsor. Lisa, the founder of our club, put on a full weekend of festivities including a party in the park and Windsor's Longest Lunch (488 picnic benches down the length of the Long Walk - Lisa has vowed never to work with picnic benches again!). Many of our club members showed up to volunteer and it was a great success.

The following month in July Maidenhead Festival – a yearly extravaganza chaired by Lisa – took place at Kidwells park. This year we had a wonderful line-up of music acts featuring the best up and coming talents from the local area. There were also fairground rides and stalls with something for everyone. Thanks to all the volunteers from our club and beyond who helped make this a special event to remember.

The summer is coming to and end. September is one of my favourite times of year as it always has that 'back to school' feel and reminds me of fresh starts. I handed over my Presidency to Neil Talgeri back in July. It has been a delight to see Neil take up the reins as President and put his unique stamp on things. He has hit the ground running and has been working with the club on coming up with new ideas. Combining the traditional with the new is what our club does best.

On that note it is time for me to say my closing piece...a reminder also that our club is celebrating its 10 year anniversary in November. We will be marking the special milestone with a party at CIM Moor Hall in Cookham where members will get to enjoy a 3 course dinner + DJ set. It will be a chance to let our hair down and also reflect on the incredible achievements of the club over the last decade.

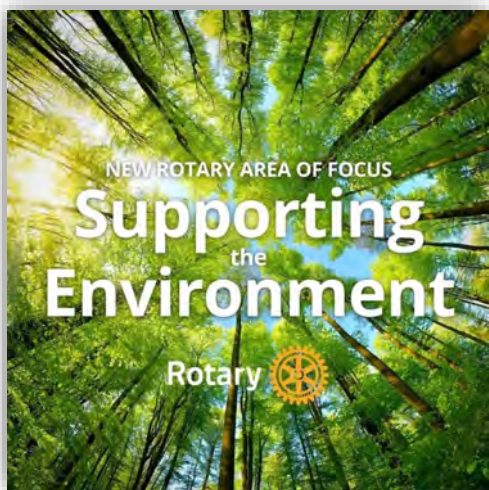
Finally, I'd like to thank all the members of Maidenhead Bridge Rotary Club, the project leads and leadership team for your support, hard work and the endless hours you all give to making our community, both here at home and overseas, a better place for humanity. It has been a pleasure to be your President.

**Nas Parkes**





# ENVIRONMENT: OUR GREEN ROUND-UP



In the last newsletter I mentioned Treetly, the app which plants a mangrove tree if you walk 5000 steps any five days a week. There are also options to do this as a club, and even to challenge other clubs. You can do it as an individual, so I hope to start this week – once I learn how to put the Samsung health app onto my phone!

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

## Green Up Our Street

Zoe talked about this urban greening initiative, where communities aim to make their neighbourhoods “greener”. In Windsor, projects include tree planting and a community orchard. Other ideas are making gardens better for wildlife, and bird boxes.

Zoe asked us if there were any local urban greening opportunities our club could initiate to support this project. If you have any suggestions, we might be able to

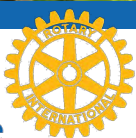
include possible areas in our “green walks”.

There is much more at her website – the resources page has loads of ideas and advice: [www.greenearthplan.org/green-up-our-streets](http://www.greenearthplan.org/green-up-our-streets)

## Media recommendations

- Planting for Wildlife: [A Grower's Guide to Rewilding Your Garden](#)
- [Grow Green](#)
- Website where you can find out how many bee friendly plants are in your garden: [BeeKind](#)

*Sushi Gow & Claire Booth*





# INTERNATIONAL: UKRAINIAN COOK-ALONG



On the 12th July Maryna Dolzhenko, a Ukrainian Cardiologist and leading member of Rotary Health Professionals came to visit me in my kitchen in Heynes Green to talk about her work and to show me how to make her version of Borscht soup.

Ukrainians are very serious about their Borsht soup. Maryna taught me how important it was to soak the cabbage and make sure it is shredded so it looks like 'lace' and how beetroot strips should be cut very thin. There is also a moving moment when she addresses the crowd who joined over zoom, clearly very emotional, telling how much it means that the UK has opened up their hearts, opened their homes and are supporting their heritage, their traditions, their fight.

The word on the cook-along got out to some in the Ukrainian community and was attended by Rotarians from clubs in Ukraine, in both Kyiv and Kharkiv. By cooking their national dish and talking about other ways we can support them, our club sprinkled a bit of love.

It is incredibly important to keep the hope and traditions alive for our friends in Ukraine. I've included Maryna's recipe for her Borscht soup which is plant-based and can be grown in the allotment so it ticks the environment and sustainability box too. I would encourage you all to give this a go and perhaps even stage your own events for Ukraine.

We have a growing community of Ukrainians now living here in the UK. Celebrating what is important to them is a great way to continue to spread the love.

For those that are in a position to make a donation - please consider donating to the Rotary Health Professionals Ukraine Fund. Money goes directly on medical supplies such as tourniquets & paediatric medical equipment to help save lives.

**Nas Parkes**



## Maryna's Borscht Recipe

### What you'll need

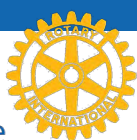
1500 ml of vegetable stock  
2 onions finely diced  
2 - 3 medium potatoes, peeled and chunked  
2 medium beetroot peeled and cut into small matchsticks  
2 medium carrots cut into dices  
Half a Savoy cabbage very finely shredded ('lace' cabbage)  
1 red pepper chopped  
1 stick of celery chopped  
3 garlic cloves crushed and finely chopped  
Oil  
Seasoning  
1 tub of Italian tomato paste  
Large bunch of fresh dill  
Sour cream to taste (Oatley creme fraiche for vegans)



### Method

1. Bring the stock to the boil in a pot. Saute the beetroot in a skillet in a little oil and seasoning for 5 minutes.
2. Add the beetroot to the stock and turn the heat to simmer mode. Add a little more oil and seasoning and saute the onions on a low/medium heat for 5 minutes or until they are coloured pink and brown round the edges.
3. Add the carrots with the onions and saute for 5 minutes.
4. Add in the chopped celery, chopped garlic and pepper to the pan and add in 1 tube of tomato paste. Add in a few table spoons of water to the pan and stir on a low/medium heat for another 5 minutes. You should end up with a nice ratatouille.
5. Add the cabbage lace to a bowl and submerge in water. When the beetroots in the pot have turned translucent or white, take the ratatouille saucepan mix off the heat & add the mix to the pot with the stock and beetroots and stir everything together.
6. Add the potatoes to the pot and continue to simmer for 5 minutes or until they start to soften.
7. Drain the cabbage lace & add to the pot for a further 3 minutes.
8. Turn off the heat and leave the Borscht on standby for 5 minutes for all the ingredients to meld together. Then add extra seasoning to taste.
9. Add plenty of dill and serve with sour cream and Pampushky (or rye bread).

<https://rotaryhealthprofessionals.org/donate/>





Maidenhead Bridge Rotary Club



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unite and take action to create lasting  
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# VOLUNTEERING: ROYAL WINDSOR HORSE SHOW



Friday the 13th which turned out to be an enjoyable day in Windsor Great Park rather than Nightmare on Elm Street (apologies for mixing the franchises!). It was a paid day off work using my "annual community day" and each volunteer on the day receives a "payment" for their Rotary Club, so a double winner in my case.

The event was marshalling the route Royal Windsor Horse Show Endurance Race within the Great Park. The Royal Windsor Horse Show is not an event I have attended in the past and have only been vaguely aware of due to the traffic chaos. Horse Endurance Racing is something I have never seen before and to be honest it is quite niche.

However as with everything to do with horses it is a worldwide activity, this event is one of an international series and it looks like it costs quite a lot of money in order to be competitive.

Carole, Ailsa and I were up very early and in position in the park by 5:45, with the first riders starting a 6am...! Our job was to warn pedestrians and road traffic about the approaching horses and generally be eyes and ears of the central control team.

The event itself is certainly an endurance, with the winners being the first rider to complete the course distance. 3 distances 100km, 120km, 160km which is really quite some distance in one day.

The health of the horse is taken very seriously with each loop being completed and the horses then having a 40min break under the supervision of vets. A battery of tests are taken, for example heart rate below a set value for a set period. In fact 75% of the entrants are "vetted out" during the race meaning it isn't the fastest horse who wins it is the best combination of horse and rider keeping within their physical limits.

The marshalling itself was not particularly taxing as there were 87 competitors and we only saw them once on each loop but we entertained ourselves talking, chatting to the dog walkers and local residents.

We were equipped with Walkie-talkies which we used only once but listened to the radio chatter about the progress of groups of riders. We used the marshal teams WhatsApp group to order pancakes, they arrived eventually! Followed the rider tracking app that didn't actually track riders but did give us very rough arrival times and encountered the Bahrain Royal Family driving past in a big convoy as they followed a family member who taking park – he won the 160km race.

We kept an eye on tractors, farm vehicles, parks vehicles, an ambulance, a water bowser and tractor that went past at least 6 times no idea what they were doing! We also kept an eye on cyclists, dog walkers and runners. Rush hour was 8:50 at drop off time at the Royal School, everyone in the park clearly had a long lunch, there was no one about at all.

It was a long shift from 5am to 3pm, but quite enjoyable, and a nice place to spend the day with good company. Very glad it didn't rain!

**Adam Hunter**





# NEW MEMBERS **VIEWPOINT**

We joined Rotary in March 2022. Lisa and the team have been so welcoming and we've enjoyed meeting other members at club meetings and various events since.

We supported the set-up for the Jubilee celebrations on the Long Walk which was fantastic fun and we got to see the Red Arrows with the beautiful backdrop of Windsor. We also supported at Maidenhead Festival, collecting money, litter picking and marshalling cars in and out of the event.

It was wonderful to see the local community coming together for both the Jubilee and Maidenhead Festival and it is very rewarding to be a small part of helping make that happen.

Since we moved to Maidenhead last year, we've been really passionate about giving back, while we are quite time-poor because of busy jobs we do hope that our involvement with Rotary will allow us to do more for the local community. Aaron is particularly interested in the Waterways and we're both looking forward to supporting with more events later this year.

We've also attended a couple of the club's social events which has given us the opportunity to really get to know our fellow Rotarians and sample some of the local eateries – another big passion of ours!

We're looking forward to supporting more Rotary activities as the year progresses, in 2022 we've already welcomed Neil as our new President and it is the 10th year of Maidenhead Bridge Rotary, so a great time to join the club! We're excited to see where our Rotary journey takes us!

**Kally Carder & Aaron Witcher**



## ROTARY FOUNDATION: **VOCATIONAL TRAINING TEAM**



The Vocational Training Team will be going to Ngora Freda Carr Hospital which is located in central Eastern Uganda. The aim of the trip is to train health professionals in birth emergency skills. The flights, immunisations, travel and accommodation are paid for through the Rotary Foundation Grant and additional fundraising.

We are also arriving to celebrate the centenary of the hospital which is why the trip is going out on 23rd November and coming back on 3rd December.

I am still looking for one more team member so if you know anyone working in the obstetrics field do let me know. The team will be teaching obstetric emergency birth skills, new-born life support and feeding premature babies.

The Global Grant that is funding this was started at the beginning of Covid and sadly since then it has become more expensive, for example the cost of flights. In addition, as part of the scheme they give each health centre and hospital a basic kit so that they can continue with the training. I am therefore looking for support to help raise the additional £2000—£3000 needed to cover these costs. If you have any ideas then do reach out!

**Gillian Pearce**





FREE

# MAIDENHEAD WATERWAYS FUN DAY



- Canoe Races
- Paddleboarding
- Live Music
- Wild Walks
- Treasure Hunts
- Market Area - Food, & Stalls
- And lots of fun for everyone!

**SAT 17TH SEPT 10AM - 3PM**  
**TOWN CENTRE AMPHITHEATRE**  
**& WATERWAYS BASIN**



[www.maidenheadbridgerotary.org.uk/  
waterwaysfunday](http://www.maidenheadbridgerotary.org.uk/waterwaysfunday)

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# VOLUNTEERING: WINDSOR JUBILEE

In June we celebrated The Queen's Platinum Jubilee, marking a 70-year reign; and it was certainly marked in a unique way down the road in Windsor in the shadow of Windsor Castle over the four-day bank holiday weekend.

Fireworks, a gigantic picnic, a classic car show and a centuries-old traditional "ox roast" drew the biggest numbers of royal fans to the town since Prince Harry and Meghan's wedding in May 2018.

On Thursday 2nd royal fans, residents and locals were invited to a beacon-lighting ceremony on the Long Walk outside the castle before the night sky was lit up by fireworks. A truly spectacular display, and one that many will remember for years to come.

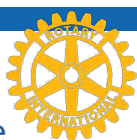
On Saturday The Long Walk, which stretches almost five kilometres from the castle to Copper Horse Statue, hosted the Jubilee Party in the Park. Seventy classic cars representing each year of the monarch's historic reign were parked up on the grass for revellers to admire, and local bands and singers provided entertainment on a big stage. Giant TV screens were also dotted down the Long Walk to show live coverage of the jubilee party at Buckingham Palace that evening—it felt like we were all there in London, singing along. The atmosphere was amazing!

Sunday was the big day... Windsor's Big Lunch – The Long Table capped off the celebrations with guests taking a seat at one of the 488 picnic benches which had been decorated with bunting and red, white & blue tablecloths. Others brought their own picnic tables and blankets and spread out on the grass either side of the Long Walk.

Entertainment had also been organised with stilt walkers, a bubbleologist and balloon modellers wandering up and down the tables, plus a busking groups encouraging the crowd to sing along with them!

Prince Edward and his wife Sophie were special guests of honour at the event, taking time to walk the entire length of the picnic, talking to guests and also meeting performers. The afternoon was rounded off with a screening of the London Pageant on the big screens along the Long Walk.

It is estimated that over the course of the four days more than 100,000 people enjoyed the various events.







Now one thing we haven't mentioned so far is that our very own Lisa was part of the organising team for the Windsor Platinum Jubilee, she was in fact the main organiser of both the Party in the Park on Saturday and Windsor's Big Lunch on Sunday. Now as we know these events don't happen by magic but it takes an army of volunteers to get it done, and that's where our club stepped in to help. Read some of the accounts below from our amazing volunteers...

**GILLIAN'S VIEW:** It all started with What 3Words, as I negotiated the different streets and alleys of Windsor to locate where I needed to be. I soon realised where I was when I saw 3 large lorries piled high with picnic benches. First job ensure that the public don't get flattened by the forklift trucks. Next little job was some fencing and then putting the pegs in for the marquee. Day 1 done.

I was back on Saturday, learning the art of emptying the bins. It was amazing what was stuffed in them. Then I was off to do HVM marshalling. What's that

you may ask? Your job is to ensure, with Roxanne, that no vehicles come down the Long Walk and you deal with any potential terrorists. I was armed with a megaphone and a walkie talkie. There were initially 2 parked Police cars but no police. One police car drove away leaving us with one. Did have a lady who tried to park twice down the Long Walk but both of us successfully deterred her. Back to base and the start of Party in the Park. Day 2 done.

Day 3 early morning, I was there just before 6am. First job sort out the bins and get them ready for the bin men to collect them. Then help to set out 488 pub benches, then we realised that the bunting team was dropping behind so went off to help them. Slightly damp but it dried up late morning. There were lots of positive comments from the public. Well done Lisa for organising us and the whole event!

**FIONA'S VIEW:** Went along for a couple of hours on the Thursday to help with the marquee erection (never heard of so many men having an erection at the same time!) That done moved on to setting up the metal fencing as the banter continued. Had a great time meeting members both new and existing, before I knew it 5 hours had passed. It was a fabulously fun day and 'twas a pleasure to be a part of.

**ANDREW'S VIEW:** Helping to set up the 488 tables for the Jubilee Lunch on the Long Walk in Windsor was hard work, but interesting. The tables were in the pub style – where the bench seats are attached to the tables already – so it takes four of you to move them around. They were transported round the event space on JCB's which needed mats to help them avoid tearing up the royal grass.

Clearing up the litter from the Saturday was a big task – machines can't really do it, you need Rotarians with sacks and pickers, and lots of them!

We learned that morning that the loos needed urgent attention because the number of visitors the night before had been significantly under-estimated – and you can't order any more portaloos when it's the Jubilee Weekend! But in true Rotary style - we smiled and did what was needed!

Our 10,000 steps a day target was smashed to smithereens but we had great fun and it was wonderful to be part of such a historical event.





# VOLUNTEERING: VACCINATION CENTRE



We are definitely in summer now with a heatwave already behind us and temperatures in the 20s as standard. Looking around in most places and you could be forgiven for thinking that covid is a thing of the past already! However, every Saturday morning the covid vaccination clinic is still quietly ticking over in the Desborough Suite.

Nisha and I have been regular volunteers here for a while. Recently people have been surprised to see that there are still people needing vaccine doses. The perception seems to be that apart from the spring booster for the very vulnerable and over 75s, we have vaccinated everyone. What we are seeing, however, is a real cross section of society are still coming through to get some protection from covid. We are supporting children and adults access their first, second or booster doses and it's a wonderful thing. What I take away from seeing people quietly coming for their first or second dose now is that the messaging about the importance of vaccination

against this virus is clearly working - even if they were hesitant, scared or untrusting of it in the beginning.

Case numbers have risen considerably again and I, for one, am pleased to see that people are still doing their bit to protect themselves. The clinic could not run without volunteers and we will still be here when it comes round to the autumn booster. I am proud to be a part of this and proud to be a part of the Maidenhead Bridge Rotary Club who first made me aware of this possibility to give back to the community.

**Carole Carter**

## WELCOME TO OUR NEW MEMBERS

It's always a pleasure to welcome new members to our fantastic club and this quarter has been no exception with three wonderful people choosing to roll up their sleeves and join Maidenhead Bridge Rotary to give back to the local and international community.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end. Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

We therefore extend a very warm welcome to Gillian, Adam W and Norman and look forward to sharing the fun and joy that Rotary membership gives to its members.





# SOCIAL: BOUNDARY WALK



Meeting at the Shire Horse, Lisa for walking, accompanied by Adam and Chloe for both moral and car driven support, Eddie, Adam W, Gillian, Raaj and Paul were keen to get going on the beautiful boundary walk, but it was hot, so we wisely decide only to do half of it. With our destination being Boulters Lock.

We set off across the A4 towards the Thicket, entering the thicket, the signs were good – and then suddenly they weren't. Due to the lack of waymarks and our own enthusiasm to get going we soon got lost. Did we mention it was hot? So we basically followed instructions and held to the left – and continued getting lost. Walking an extra gazillion hot steps. We eventually got back on track – joining the proper route under the A404. Did we mention it was hot!

Losing our way was an important finding. In that when our club run the actual walk in October (it won't be so hot) we need to improve the signage around the Thicket and

elsewhere.

The walk proceeded apace and we arrived late at the remote oasis called the Golden Ball. Nisha and Harry had been waiting patiently for us. Gillian decided wisely to resort to our back up plan and Adam was called in to take her to cooler climes as the rest of us set off again.

From there the route was fairly well marked out. Using the Boundary walk instructions and map we could navigate our way. However many of the sign posts and way markers need some correction or refurbishment. And some parts of the route needed more marking.

The route takes in some great parts of Maidenhead. From Malders Lane you can see Windsor Castle in the distance and Cliveden. The route crosses Widbrook Common where we lost our way again – because someone had rotated a waymark.

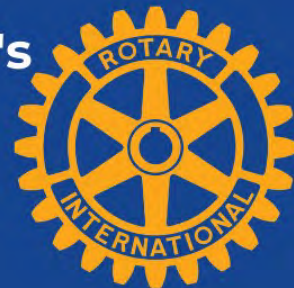
Did we mention it was hot. We decided to skip going across Battlemead Common because that adds an extra mile. But we all arrived safely at Boulters Lock having enjoyed the walk and chatting with friends along the way.

## Eddie Piekut





Maidenhead Bridge & Maidenhead Rotary Club's  
Present...



# Maidenhead Boundary Walk



## GROUP DISCOUNT

Register a group of 15 or more  
before 9th September 2022  
and entry is just £20!

Group Saver

## Sunday 2nd October 2022

Starting from Boulters Lock Car Park - 9.00am to 10.30am

### YOU CAN...

Raise funds for your own charity

Have fun, keep fit and make a difference

New: Short  
Family  
Walk

**JOIN US** at this fun event and participate in the history of the  
Maidenhead Boundary walk. Good luck!

Register online today at [www.boundarywalk.org.uk](http://www.boundarywalk.org.uk)



# RECIPE CORNER: GOING VEGGIE

As has been reported recently we're all being encouraged to go meat-free at least one day a week, not only to help the environment, but it's also a healthy option for us too. With this in mind we're going to be featuring a tasty veggie recipe in each newsletter and we challenge you all to give it a go! Do share your creations with us by sending a photo to Lisa and your honest feedback on how it tasted, and at the same time share your favourite veggie recipes too... who knows it may feature in the next newsletter!

Please do give this month's recipe a try, details below and comes highly recommended by Andrew and Annie Gow.

## STICKY AUBERGINE RICE BOWL

Prep Time: 5 minutes

Cook Time: 20 minutes

Serves: 4 people

### Ingredients:

- 2 aubergines, trimmed and cut into 5cm batons
- 1 tbsp vegetable oil
- 3cm piece ginger, peeled and finely grated
- 2 garlic cloves, crushed
- 125ml teriyaki sauce
- 2 carrots, peeled and shaved into ribbons with a peeler
- 3 tbsp distilled vinegar
- ¼ tsp sugar
- 2 pouches boil-in-the-bag brown rice
- 4 spring onions, finely sliced
- 15g fresh coriander, leaves picked



### Method:

1. Preheat the oven to gas 6, 200°C, fan 180°C. Toss the aubergine with the oil and roast for 10 mins. Whisk the ginger, garlic and teriyaki sauce in a small bowl, then drizzle over the aubergine. Toss together and roast for another 10-15 mins, stirring halfway through, until sticky and glazed.
2. Meanwhile, put the carrot ribbons in a bowl with the vinegar, sugar and a pinch of salt. Toss well and set aside. Cook the rice to pack instructions.
3. Divide the rice between 4 bowls. Top with the sticky aubergine and a pile of the drained carrot salad. Top with spring onions and coriander to serve.
4. TIP 'You can use just black-eyed beans if you like, but I like a mixture of black-eyed and kidney.'

# MEAT FREE MONDAY





# THE BIG ISSUES: MODERN SLAVERY

## MODERN SLAVERY



The Atlantic Slave Trade was terrible – but slavery is just history, isn't it? No -today 40.3 million people are enslaved – over three times the total number taken in the 400 years of the transatlantic slave trade!

In 2019 10,627 people were trafficked into the UK. The Global Slavery Index believes there are around 136,000 victims living in slavery in the UK.

Modern slavery includes trafficking (moving of people between or within countries) for exploitation, and exploitation itself, such as sexual or labour exploitation, domestic servitude and criminal activity. Most victims are vulnerable in some way, such as homelessness, addiction or difficult family background. If they are

from other countries, language or immigration status can be an issue.

They are forced or deceived into a situation they cannot escape, which makes money for their abusers. They may be sold a story of a good job (which never appears), have their access to drugs controlled, be victims of violence or have threats made against their families. Often they do not even realise that they are being exploited. Even if they do, victims can feel powerless, because an atmosphere of fear and mistrust of authorities is created by those exploiting them.

Prosecution and conviction rates for modern slavery are very low.

Slavery is a particular issue in industries such as food processing, construction sites, hospitality, car washes and nail bars, but can occur in many other fields of work.

### How can we tell if someone is a victim of slavery?

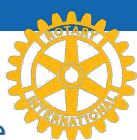
This can be very difficult, but people may look undernourished, not washed or always wearing the same clothes, as well as seeming scared.

They may have few personal items, and no access to money. There may be signs that they are under the control of others. People speak or interpret for them, keep their ID and documents (and show them if asked) and transport them to and from work.

### How to help

- How to Report concerns: If there is an emergency, and you or someone are in immediate danger, call 999. To report any non-emergency suspicious activity in your local area, then call your local police on 101 or go to your local police station.
- Modern Slavery Helpline: If you need advice or support on a modern slavery issue, then you can call the Modern Slavery Helpline on 08000 121 700. It operates 24 hours a day, 365 days a year, and there is also a website. Do not attempt to intervene yourself as you may put yourself and others, including the potential victim, in danger.
- Apps such as the [Safe Car Wash App](#): The Safe Car Wash App enables anyone who uses hand car washes to identify and report slavery. The app asks a series of questions related to the indicators of modern slavery and then assesses the answers. If there is a high likelihood that modern slavery is occurring there, users can send a report to the Modern Slavery Helpline at the touch of a button.
- Think about our shopping habits: Modern slavery is a business which makes money. What we buy can make a difference – if something seems too cheap to be true – it probably is! Shoppers are the demand side of this business – if we want cheap goods, we make it worse. Those of us able to afford it can change our behavior - buy less to start with, buy second hand, use local independent shops or buy Fairtrade goods.
- Join the [Rotary Action Group against Slavery](#): They have a great Facebook page [www.facebook.com/ragascentral](https://www.facebook.com/ragascentral)
- The [Clewley Initiative](#) is run by the Church of England – I used a lot of information from their really excellent website!

**Sushi Gow**





# ENVIRONMENT: ALL THINGS PLASTIC

**THE BIG PLASTIC COUNT:** 33 bits of plastic – that's how much I counted in just one week during the Big Plastic Count! The average household uses twice that amount but I live on my own. What was more shocking was that whilst I continue to use plastic and justify it by recycling, I learnt that only **12% is recycled in the UK**. The other **88% is burnt, buried or dumped overseas**.

## Why does that matter?

- Exported - The UK sends tonnes of rubbish to other countries every day - often to low income countries. Investigations have shown much of it ends up being dumped or burned.
- Landfilled - When plastic is buried in the ground at a landfill, it releases harmful gases into the atmosphere, while wind and rain carry microplastics into surrounding areas.
- Incinerated - Burning or incinerating plastic releases carbon, toxins and pollutants into the air, presenting numerous health risks for local communities and contributing to climate change.

With UK households throwing away 96 billion pieces of plastic every year something needs to change!

**5 top tips:** On an individual level, I was pleased to see that I was already doing 4 out of their 5 top tips for cutting down on plastic:

1. Using reusable water bottle and coffee cups (thanks MBRC for our coffee mugs)
2. Choosing unwrapped options for fruit and veg where possible
3. Saving jars and pots to reuse
4. Using reusable bags when shopping
5. Downloading the Refill App to find nearby places to refill water bottles, coffee and finding plastic free shopping options. Just done!

79% from food and drink - along with the majority of households, I learnt that most of my plastic is from food and drink. The remainder for me was cleaning and toiletries. On the food and drink front I can highly recommend Abel and Cole, who deliver in reusable cardboard boxes and don't package the majority of their fruit and veg in plastic. However, they are a bit pricey – you have to be disciplined and I do find I sneak into my basket the occasional organic wine and delicious Fairtrade chocolate cookies. They have also recently started collecting soft plastics from customers' homes, which they send to their recycling partner to convert into sustainable building materials in the UK.

**The bigger picture** - I know I can do more but The Big Plastic Count was not intended to make us feel guilty. It is not all down to individuals and there are cases where it's not possible to switch to reusables. Around 15% of the world's population have a disability and rely on single use plastics to live independently. The ban on plastic straws was an example where disabled people's needs had not been taken into account. Decisions to remove items from production need to be informed by the disabled community.

## So what else can we do?

Greenpeace has launched a petition for the government to take action, including goals to:

- Reduce single use plastic by 50% by 2025
- Implement deposit return schemes
- Ban all plastic waste exports by 2025
- Set an immediate moratorium on building new incinerators or upgrades of old ones

Sign up at:

<https://action.greenpeace.org.uk/plastic-waste-crisis>



**Rotary**



Club of Maidenhead Bridge

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**WWW.MAIDENHEADBRIDGEROTARY.ORG.UK**





As a club we are taking steps toward the bigger picture. In May we joined End Plastic Soup. The End Plastic Soup initiative was founded in 2018 by Rotary Clubs in Amsterdam and is now supported worldwide. The goal is to ban plastic waste from our environment by 2050 through targeted campaigns, awareness raising and alliances with other partners.

When you hear stats that by 2050 virtually every marine bird species in the world will eat plastic and that 73% of the world's litter on beaches is plastic waste, we knew as a club we wanted to support this initiative.



### RIVER CLEAN UP

One of our first events to engage in EPS was to join the district in their Thames Valley Clean Up event over the weekend of 6-7 May. sushi and I worked with the other Maidenhead Rotary clubs, who focused on a clean-up on the Saturday – litter picking on the banks between Bolters Lock and the M4 junction. The sea cadets also helped with cleaning up litter in the river from their boats.

Meanwhile Sushi and I manned a stall on the High Street to coincide with the clean-up. We displayed tips on plastic reduction and displayed products from the Filling Good shop in Maidenhead. We also displayed promotional materials from EPS, leaflets from Wild Maidenhead and

encouraged members of the public to sign up to the Big Plastic Count.

A number of people attended the stand and were very receptive, together with asking some interesting and challenging questions.

For our first attempt we felt it was very positive and have learnt a few things to improve upon for our next event .....



### PLASTIC BLITZ

Rotary are partnering with Thames 21 and the Environment Agency on the PLASTIC BLITZ 17th – 25th September. The BLITZ will extend from the Thames Estuary to the top of the navigable Thames.

We are again working with the other Maidenhead clubs and Sushi and I will hopefully be manning a stall again most likely Saturday 25th September. More details and how you can get involved on this to follow.

**Claire Booth**





# FOCUS ON A CLUB MEMBER: ADAM WAY



**What do you do for a living?** I am currently an Assistant Manager in Cyber Security for Deloitte UK

**What do you do for fun?** For fun I like to do 1940's and Vintage re-enactment, design my own clothes, Music, Film and Travelling

**Where are you from?** I am from Bracknell in Berkshire

**Can you tell us something we may not know about you?** I have been to Japan

**Where did you go on your last holiday?** I went to Spain on my last holiday

**What is your favourite book/film and why?** This is difficult to answer as I have a very broad list of films, I enjoy but I have to say 1 film I really like is Apocalypse Now which is based on a book by Joseph Conrad. I like the film because it is a masterpiece from start to finish with some fantastic acting performances and it explores a lot of things that were wrong with the Vietnam War

**What inspired you to join rotary?** I was recommended to join by a friend and I wanted to expand my horizons.

**What have you enjoyed most in Rotary so far?** I have enjoyed every minute since joining, I have been made to feel welcome and part of the group, I have also found volunteering a fantastic experience.

**Which Rotary events are you looking forward to?** Socials, 10th Anniversary Dinner

**If you could describe our Rotary Club in 3 words what would they be?** Opportunity, Friendship, and Community.

## SOCIAL: HAWK CONSERVANCY TRUST

Wow, it's the only word that can be used to describe our club visit to the Hawk Conservancy Trust near Andover. Despite it being a very hot day we were all amazed by the display of birds, from different species of owls to White Storks and African Fish Eagles!

Of course we cannot forget to mention the vultures too, the natural cleaners of the world and amazing creatures that are sadly threatened in the wild, much like most of the birds the conservatory is trying to protect.

I think the best display of the day was the Woodland Owls, set within their own woodland providing much needed shade for all of us! We were introduced to a number of different owl species as they silently flew around the space, nearly taking Adam, Chris, Graham and Chloe's heads off in the process!



I would highly recommend a visit to anyone who wasn't able to join us on the day, and want to say a massive thank you to Carole for introducing us to the world of birds of prey!

*Lisa Hunter*





# UPCOMING EVENTS



## 22nd - 28th August

24.08 FoodShare Volunteering  
**26.08: Club Social: Dinner @ Storia**  
27.08: FoodShare Volunteering

## 29th Aug - 4th Sept

31.08: FoodShare Volunteering  
02.09: Cookham Regatta Volunteering  
03.09: Cookham Regatta Volunteering  
03.09: Maidenhead Rotaract meeting  
03.09: FoodShare Volunteering  
**04.09: Club Meeting: Membership Workshop with Lisa**

## 5th - 11th September

07.09: FoodShare Volunteering  
**10.09: Maidenhead Town Show Volunteering**  
10.09: FoodShare Volunteering

## 12th - 18th September

14.09: FoodShare Volunteering  
**17.09: Waterways Fun Day**  
17.09: FoodShare Volunteering  
**18.09: Speakers Meeting - Positive Dyslexia**

## 26th Sept - 2nd October

28.09: FoodShare Volunteering  
**30.09: Club Social (Sushi Tasting TBC)**  
01.10: Maidenhead Rotaract meeting  
01.10: FoodShare Volunteering  
**02.10: Boundary Walk Volunteering**

## 19th - 25th September

21.09: FoodShare Volunteering  
**24.09: Plastic Blitz Volunteering**  
24.09: FoodShare Volunteering

## 3rd - 9th October

05.10: FoodShare Volunteering  
08.10: FoodShare Volunteering

# BIRTHDAY CORNER

Happy birthday to the following club members:

- Rajan: 1st July
- Sushi: 6th July
- Roxane: 9th July
- Laura: 14th July
- Claire: 15th Aug
- Eddie: 16th Aug
- Gille: 18th Aug
- Nancy: 31st Aug
- Susan: 14th Sept
- Kevin: 19th Sept
- Adam & Portia: 20th Sept
- Debbie: 27th Sept

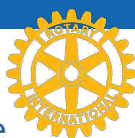
# INDUCTION ANNIVERSARIES

Congratulations to the following members who are celebrating club induction anniversaries:

- Eddie – 1st July: 1 year
- Harrie – 5th July: 2 years



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