

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 16-2020 : 7th July 2020

CLUB OFFICERS—2020/21

President: David Chittick

Sen V. President: Jo Banthorpe

Jun V. President: Steve Runnacles

Secretary: Tony Baker

Asst Secretary: Martin Westlake

Treasurer: Neil Hewitt



July

Chris Harrall

Jack Earwaker (a big one)

Jo Banthorpe

August

Karen Finch

Colin Davies

Alan Forsdike

Neil Hewitt

Toby Pound

George Woodward

**Club Meeting with Guest Speaker
Julia Hancock talks about the Ipswich
Winter Night Shelter: Tuesday 7th July
6.30pm by zoom - details on next page**

Duty Rotarians, David Atkins and Alison Baldry



President Liz Harsant's year came to a slightly early end on 23rd June but that was of course the last available meeting of the 2019/2020 Rotary Year,

The handover had been planned to take place in Ipswich Massachusetts. Of course we couldn't go but we did have a member of that Rotary Club present to witness the occasion through the magic of the Internet.

Full details on the next page.

Future Meetings:

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| Tuesday 14 th July | Club Council Zoom meeting |
| Tuesday 21 st July | Guest Speaker: Lewis Tyler - 'living with motor neurone disease'
Duty Rotarians: Chris Banham and Jo Banthorpe |
| Tuesday 4 th August | Business meeting |
| Tuesday 18 th August | Guest Speaker: Juliette Adams will share her childhood memory about our friendship with a Chinese family who fled the People's Republic of China". |
| Tuesday 1 st Sept | Guest Speaker: Alan Green Principal Copleston school talking about "Copleston school during the Pandemic." |
| Tuesday 15 th Sept | Guest Speaker: Suffolk Wildlife Trust Michael Strand, Community Fundraising manager for the Suffolk Wildlife Trust. He will talk on "what we can do in our gardens and community to make them more wildlife friendly. |

Speaker Finder Steve Jones would love to hear from you with ideas for future speakers.

Liz hands to David and David hands to Jo and Jo hands to Steve

For the first time in our 40+ years, the annual handover happened with no-one present. Well, there was a good attendance (42) but we were all in separate rooms! Eve Alcerreca takes up the story...



On Tuesday 23rd June we took part in an unprecedented occasion in our club's history. The current pandemic, has forced our club's dynamic into adopting technology as a way of moving forward. We held our Club Handover via Zoom.

Liz Harsant ended her term as President in very strange times indeed, and now David Chittick is at the helm while we all try to navigate these waters as best we can.



Since Covid-19 has permeated every aspect of our lives, it seemed only appropriate to have Audrey Khanna as a guest speaker at the meeting, where she was kind enough to share with us a poem she wrote about the current situation we all find ourselves in. Her poem about the pandemic has been making the rounds in local media, and is in the process of being musicalised, so we can confidently say her words have touched many, many people.

Audrey dedicated the poem to her husband Satish, a former member of our club, her daughter — who is a midwife —, her family and everyone at the NHS who, as we know, have been in the frontline since all this started

Audrey managed to convey a powerful message through her poem, touching the subjects of fear, changes, faith, hope and, above all, the certainty that we will get through these challenging times together.

It was up to John Barbour to give the vote of thanks in the name of the club, and now it is up to me to say that we wish Audrey all the success in her literary endeavours. Well done!

Pictured top are Liz, David, Jo, Steve and special visitor Martha Mauser from our twinned club Ipswich Mass. Liz had a surprise bouquet (shown here) and wine delivered by member Alison Baldry just before the meeting.

Audrey is pictured right; her poem may be read on the next page.



Audrey introduced her poem thus:

My inspiration during lockdown in writing this poem has been my husband Satish, a retired ENT surgeon and GP, my daughter Emma, who works as a midwife at West Suffolk Hospital and family and friends working in the health profession, all of whom understand the enormity and gravity of challenges they face on a daily basis.

Also, I would like to dedicate this poem to the NHS and all families whose loved ones succumbed to Covid-19.

When embarking on this journey, I shared my writing with family and friends. Their feedback had been extremely positive- urging me to do something with it! I am a complete novice at writing poetry. I quote from Liz Harsant:

"It's so beautiful, so meaningful, so emotional it's more worthy of the East Anglia Daily Times surely there is someone else more important you can send it to. It made me cry- what a talent you have. Proud to be your friend."

“A Journey” by Audrey Tovey and inspired by Covid-19

This pandemic invasion, has touched whole nations worldwide,
Surpassing, succumbing,
Unprecedented and unforgiving in its wake,
Like a tornado leaving a mass of destruction in its path,
Randomly selecting those in its way,
Deciding on those who should “pass” and should “stay”,

Prayer is a power or even a force,
Absorbing, consuming all in its path,
The wind and the rain, it pummels the ground,
Rearranging the landscape here on the earth,
A re- procreation of imminent birth,
Geographical lines inadvertently formed.

The wind and the rain, and even the snow,
Are likened to seasons as they come and they go,
The voices and sounds from the universal sky and the seas,
Are carried along by the chill and the breeze,
This spectacular landscaped patchwork of fields,
So inspiring in harvesting yield after yield,
A presence so tangible, you can reach out and touch it.

Life hangs on a thread, so intricately woven,
With so many words remaining unspoken,
Like the ebb and the flow of the morning tide,
It's in God's hands, and he will decide.

Take them from dark, and into the light,
God, please take their hands, and hold them so tight,
Drifting gently through a tunnel of light,
A rainbow awaits you as you take flight,
A nations hands just brushed your cheek,
As you prepare to go to sleep,
Outstretched hands and warm embrace,
To welcome you in your “new” space.

Broken wings, but still we fly,
We didn't mean for you to die,
Like tiny particles of sand,
Just sifting gently through our hands,
Take these thoughts as you pass,
Acknowledge receipt, it was God's Master class.
A temporary blip in this passage of life,
The loss of a mother, child or a wife,
A father, uncle, nephew or niece,
Are now resting in heaven,
And all are at peace.

Your beautiful souls have enriched earth's skies and seas,
And will be carried along by the chill and the breeze,
Your legacies will live on,
And help to keep this nation strong,
There are no words that we can speak,
Except to hope that we can teach,
You simply didn't have a choice,
The NHS was your voice,
You never ever walk alone,
We trust in God you're safely home.

Details of Club Meeting via Zoom Tuesday 7th July at 6.30pm.

Catherine Forsdike will be the Zoom host and will open the 'room' at 6.15pm so the early-birds can freely chat (and admire members' virtual backgrounds).

Please don't wait until 6.30pm to try to get into the room.

At 6.30pm a bell will ring so that President David can call us to order and give the customary announcements.

It's important that we can still talk in small groups as we would round a table for a meal so we will be divided into 'breakout rooms' for around 10minutes.

A bell will ring again and we'll hear from our guest speaker Julia Hancock who is going to be talking to us about the Winter Night Shelter

(Your Editor heard her talk last week. She has some very interesting things to tell us about the amazing work being done in Ipswich which is being held up as an exemplar for other Local Authorities.)

Julia will speak for around 15minutes and there will be time to ask questions. PLEASE use the 'chat' facility to put your question.

David Atkins will give the Vote of Thanks and Alison Baldry will be writing up the meeting for this newsletter.

The meeting will end with the final toast 'Rotary and Peace the World Over' at 7.30pm

We have arranged for the 'room' to remain open for more informal talking until 7.45pm just as we would after a physical meeting.

The link to access the meeting was sent in an email from Tony Baker on Sunday evening and the covering email to this newsletter.

If you can't find it, it's the same as the one for the previous meeting.



Photographic Memories of a Club Exchange Past

Club Photographer Richard Porter has been dipping into the archives again and shares these lovely photographs of the 2006 Ipswich East Rotary Club visit with Ipswich Mass Rotary Club.

The venue is Waldringfield Sailing Club and Ewan had just had a dip in the river. I can't remember if that was the time Ross and I also have a swim.





It was very sad that the exchange visit from Ipswich Suffolk to Ipswich Mass had to be postponed this year. A number of people from each country had a zoom get-together one evening last week and proposed that we go there in 2022. Something to look forward to.

Can you help Karen?

Dear Rotarians

I have asked for your help in the past when a trainee is to have a 'passing out' day as the finale to completing their qualification log book and you have always risen to the challenge!

This time I am looking for 8 volunteers to attend our Ipswich centre for an ear wax removal appointment using the procedure micro-suction on Wednesday 22nd July. The appointments lasting approx. 45 minutes will be booked throughout the day and will be free of charge saving approx. £80.

If you are struggling with blocked ears and/or you are an existing patient of ours who has undergone wax removal in the past, I appeal to you for your help.

Just to advise we are working within strict Covid 19 guideline conditions in full PPE and all patients must complete a Covid/Ear Care questionnaire before attending for their appointment.

I thank you very much in advance.

Karen



The Hearing Care Centre Ltd | [11 Upper Brook Street, IPSWICH, Suffolk, IP4 1EG](https://www.hearingcarecentre.co.uk)
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Socially Distanced Coffee Mornings

Monica Pipe becomes 2020-21 President of Ipswich East Inner Wheel Club Mon 6th July by zoom, taking over from Judi Walters.

Meanwhile Monica has been arranging for groups of 6 to meet in members' gardens. Here we see Zena, Beryl, Judith, Ruth and Liz and hostess Catherine.

