

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 05-2021 : 9th March 2021

CLUB OFFICERS—2020/21
President: David Chittick
Sen V. President: Jo Banthorpe
Jun V. President: Steve Runnacles
Secretary: Tony Baker
Asst Secretary: Bill Robinson
Treasurer: Neil Hewitt

**Club Zoom Business Meeting
Tuesday 9th March starting at 7.30pm**


March
Ed Nicholls
Steve Runnacles
Allan Gosling

Long in the Tooth

Last meeting (23rd Feb) we had Richard Hems as guest speaker, who delivered a very interesting talk under the intriguing title, “Long in the Tooth”.

Having founded the Hadleigh Dental Surgery in 1988 and following his MSc in Endodontics from the Eastman Dental Institute University of London in 2001, Richard started the Colchester Dental Referral Centre in 2008.

Richard’s talk took us through the history of dentistry from the Egyptians to modern-day practices and the fantastic changes that have taken place over the last 40 years. We went back to Egyptian bone false teeth held in place with gold wire (pictured), then to teeth shaped from ivory anchored with piano wire during the 1700s, the introduction of vulcanite plates for false teeth (rubber and porcelain) in the 1870s to the major development of acrylic dentures in 1938 - easier to produce and much better fitting.

Sugar is a major contributor to tooth decay and it was the 1780s when dental issues increased significantly thanks to availability of sugar from the West Indies. Consuming sugar before going to sleep is a major ‘no-no’ as is frequent sugar intake between meals from snacks and drinks.

Dental hygiene changed dramatically during the 20th Century with the introduction in 1948 of the NHS. The scheme included free dental care. In its first 9 months alone, the NHS had fitted 33 million sets of false teeth, conducted 4.5 million extractions and made 4.2 million fillings! However, after three years all this was proving so expensive, the NHS introduced charges. When Richard first began in practice, around 5% of dental care was carried out privately. Today this figure is over 50%.

When Richard qualified 40 years ago, around 80% of the over 70s had dentures. Today that is not the case with many retaining their natural teeth. The reason is improved dental hygiene, better treatment for gum disease, better dental knowledge, skills and techniques, and the introduction of fluoride to our water.

Richard now specialises in root canal treatment. This is very detailed and time consuming since the root canal is so small. Most operations are carried out using 4x magnification of lute or microscope.

So what is the future of dentistry? - as a result of COVID some dentists are now using images sent electronically from their patients to make remote decision on treatment, and China is now seeing robots carrying out fillings and even implant work.

A very educational talk which generated many questions and was very appreciated by all.

Andy Lewis



MY TEETH AND THE FOUR IPSWICH EAST DENTISTS

It was probably a co-incidence but a phone call reminding me that I had tentatively agree to write something for the Newsletter arrived just after we had received the talk by Richard Hems on 'Long in the Tooth' but it set me thinking about the four dentists who had been members of Ipswich East over our near 50 years - but more of them later.

My first experience with dentistry was before I was a teenager - sometime before the creation of the National Health Service - a somewhat old-fashioned surgery in St Johns Road, Ipswich and a somewhat painful experience - I could swear that the drill was a modified Hobbies fretwork machine - pedal-driven. Not an auspicious start. Fast-forward a couple of so years and I was on the receiving end of a stone thrown by a friend of mine resulting in both the front top teeth being shattered - unfortunately the current dentist was a little rough and ready - all visits were resisted and consequently there was a general decline in the condition of my mouth- a little while later, two of my bottom teeth were damaged by cycling into the back of a car on a journey to an Ipswich School sports afternoon in very inclement weather.

(The photo here is not from those days but, from Lewis' description, some of it could be correct! Ed)



The net result - a mouth full of poor teeth. Our regular dentist returned from war service and was able to patch me up, but generally the rot had set in. He eventually retired and the practice was sold on to a very, apparently, competent successor - he unfortunately soon found himself in the Ipswich Magistrates Court on a charge of common assault and soon afterwards was declared bankrupt!

These were now the early days of Ipswich East and we had a very active new member - a young dentist, John Fraser, who with his wife and two other couples had set up a new practice in Norwich Road - Staffa Lodge, This was dentistry of the new age - 'Prevention' instead of 'Repair' - no control console but a fully-reclining chair and a street map of Ipswich on the ceiling to keep one occupied during treatment.



Sadly, my mouth was beyond the 'Prevention' stage, but John kept on valiantly and in fact master-minded a superb half top denture! I was President when John undertook his 'My Job' talk and our old friend and member, Alan Maylin, always reminded me that I introduced him by remarking that my mouth and its contents resembled the Forth Bridge - 'finished at one end and immediately having to start on the other!'

John and Jane were great sailors and as well as navigating the seas around the British Isles, opened a surgery in the Channel Islands and eventually moved there full time. Sadly, their marriage failed and I believe John moved back to Norfolk on his retirement -he did attend one of the Past Member Lunches that we held in the early part of this century. I then transferred to be looked after by Pauline Hedley in the same surgery during which time she removed the remaining wreckage thus obviating the seemingly everlasting filling processes!

When Pauline retired, it was time to move on, and to, by now, our next dentist member, Ken Ng, with a surgery in Berners Street who had joined the Club - another brilliant practitioner - again someone who believed in 'Prevention'. Ken also took a very active part in Ipswich East until pressure on available time necessitated his resignation. His wife, Anne, however is still a very active member of our Inner Wheel

I started by saying that we have had four dentists in Ipswich East - the other two were Brian Commercial who was with us in our early days until chronic back problems resulted in his withdrawal and Philip Jepson who, I believe, set up a practice in Norwich.

Looking back, a fairly full history in dental care over my life! *Lewis Tyler*

Covid Vaccination News

Extracts from the Suffolk GP Federation Newsletter for 3rd March which is circulated to all staff and volunteers.



Update

We have now vaccinated over **70,000** patients and are on target for **120,000** by the end of the month.

Invitations/bookings for most Cohort 6 ('At Risk' group) have been completed along with most Cohort 7 (those aged 60+).

Vaccine supply predictability

We are still only receiving a week's notice which means rotas go out late and we have to send lots of reminders via Rotamaster. It also means our Booking Team have to spend time telephoning patients rather than answering calls which increases waiting times. Unfortunately, there is nothing we can do about this. We have been told we will get two week's advance notice which will help.

Vaccine supply appointments and management

We have revised our protocol for using the last doses in the final vial to ensure every dose is administered.

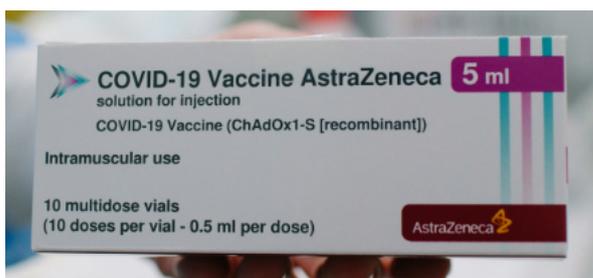
Appointments are set up based on vaccine delivery times and volumes:

A *Pfizer* batch is used over 3 days of 383 appointments equalling 1,149 doses. The batch may yield 1,170 doses if each vial produces 6 doses but this does not always happen and does not allow for any spillage or contaminated vials. Pfizer has to be used within 120 hours of being removed from frozen storage.

An *AstraZeneca* batch is used over 1 day with 429 appointments. A 5ml batch may yield 440 doses if each vial produces 11 doses but again this does not always happen. As long as the cold chain has been maintained, unopened *AstraZeneca* vials can be used until the expiry date unless they have been transported from another site when they should be used within 24 hours or during the following days - hence we minimise transportation.

Over the 3 days of a *Pfizer* batch, we monitor use of the vials and the number of bookings. We open up appointments for booking to match available doses and minimise doses left at the end of the day and the batch - this sometimes involves opening the site for an extra day. This process is not an exact science and the aim is to match the number of booked patients to the last vial.

Within the last vial a small number of doses may be left and these should be used for Federation and practice staff doses.



Ipswich East Rotary Club in the beginning

In 1970, Rotary in Ipswich was booming. The Rotary Club of Ipswich had been chartered in 1923 and had reached the point where it was considered that membership was at an optimal level.

It was therefore decided by the District Governor that a second club should be formed in Ipswich.

The District Extension Officer, Bert Butler, persuaded local Rotarians Budge Burgess of Woodbridge Rotary Club and Jack Annis of the Ipswich Club to act as the local Extension Officers and to facilitate a second Rotary club being formed in Ipswich.

The recruitment area was prescribed as being the east side of Ipswich as being either a place of work or a place of residence. Hence, the **Rotary Club of Ipswich East** was conceived.

John Mitson, a local solicitor, became the lead figure of the new club and he started the process of recruiting the members of the new club. He quickly recruited **John Palmer** (John Button's predecessor as Castons) and **Hollis Drake**, the manager of Lloyds Bank. It must have been a daunting task as it was necessary to achieve a membership of 26 to be a viable club and to be chartered. Amongst the early potential club members were **Jack Earwaker**, **Lewis Tyler** and **Micky Philpot**.

Jack was running an architect's practice in town and Lewis was the proprietor of a radio and television business. Micky was an accountant. Over the course of early 1971, twenty nine potential club members were identified. Of those 29 Founder Members, six remain as club members today. **Dick Jeffery** was recruited by **Hollis Drake**. Dick was working in his optometry practice in Aldeburgh (amongst other places) at that time and committed numerous undetected speeding offences as he flew backwards and forwards along the A12 to attend lunch time meetings.

Jack Earwaker recruited **Bill Pipe**, who at the time was managing the family furniture making business before he went into farming, and **Mike Steward** who ran an electrical contracting business. **Bob Dunnnett**, who was a garage proprietor in Woodbridge Road (Bristos), and **Richard Porter**, the owner of a newspaper distribution business, were recruited by Lewis Tyler, ably assisted by **Micky Philpot**. **Tony Doncaster** (father of Jo Banthorpe) was a local veterinary surgeon whose partner in the practise was an active member of the Rotary Club of Ipswich.

The first informal meetings were held in the Golden Lion as prospective club members came together. An Inaugural Meeting then took place at the Golden Lion on 29th June 1971, when the princely sum of £3.75 was paid for lunch. The club had achieved the goal of becoming a properly organised club with sufficient members to be a viable Rotary Club. It just so happens that 29th June this year will be a Tuesday which presents us with a golden opportunity for a celebration since lockdown is scheduled to finish on 21st June.

The Charter Presentation was conducted in the Council Chamber, Town Hall, Ipswich, on 12th October 1971 when John Mitson was confirmed as the first president of the club. Arthur Nicholls (Ed's father) became the secretary and Hollis Drake, our honorary club member, became the treasurer. Twelve months later an inner Wheel Club was formed with Mitzi Tyler as the first president.

Club membership has steadily grown over the years and now stands at 68. We will celebrate the Fiftieth Anniversary of our charter in October as we consider the future of the club in whatever transpires to be the new normal after the Covid crisis. We like to think of ourselves as the most active club in Ipswich, and now is the time to ensure that we remain so. *Tony Baker*



Benevolent Fund aids Babybank

A donation of £240 has been made from our Benevolent Fund to the Ipswich Hub of the Suffolk Babybank from our Covid Hardship allocation.

The organisation is dedicated to supporting Ipswich families and children experiencing hardship and crisis which has been exacerbated by the Covid19 pandemic.

Many families have been locked up at home coping with poverty, hardship and domestic violence whilst also attempting to deliver home schooling to their children.

With spring coming and the prospect of relaxation of lockdown, there is a need to engage young children in positive outdoor activities which this project is attempting to do to enhance physical health and mental well-being.

The donation will provide Kiddies Gardening Kits to 20 families to participate in targeted, directed gardening activities such as seed sowing etc. which will be carried out in association with the Castle Hill Community Garden located in the Castle Hill Allotments.

The funding would enable the purchase of mini greenhouses, children's garden equipment, seeds and compost etc.



The Bookshelf

Bröckedde's Rotarians had adapted to Zoom meetings remarkably smoothly, as President Pröpke remarked at an online committee meeting. However, he also mentioned a side effect "We certainly see rather more of our members' private circumstances than we are used to".



"It's a fatal flaw" agreed Friend Dübelmolke, speaking from his home office. Initially he had appeared at meetings unshaven, wearing a dressing gown with a beer in one hand and cigar in the other. More recently, he felt rather obliged to shave, don a suit and tie plus tidy up his study then only drink green tea.

Other members used Zoom meetings for discreet Public Relations coups. The town's lady mayor Totholz-Gümbel always joined from her office with a large photo of her shaking hands with Chancellor Merkel nicely in view. Investment banker Munzinger was spending more time in his New York office so rather liked showing the Manhattan skyline behind him. Bröckedde's leading baker and Rotarian, Friend Boppert, was often to be seen in his bakery kitchen surrounded by his excellent breads and cakes.

Club intellectual Professor Krümelein's study featured an enormous bookshelf filled with multi-lingual works on philosophy and the classics, each well read and noted. A most impressive background for any Zoom call and all the more so for being completely genuine. Fellow Rotarian Sturzbild surveyed his study bookshelf and felt rather underwhelmed. In comparison, the contents were completely lightweight with "50 Shades of Grey" probably providing the most intellectually demanding read.

Friend Sturzbild felt he had to do better, so at the next online club meeting, he managed to take a screenshot of the Professor's book collection and convert it for use it as his own background. His club profile was definitely on the rise, particularly after offering a few other members a copy.

Good old President Pröpke, as charming and innocent as ever, was certainly not party to this slightly dubious ruse but did wonder why so many of the club were reading the same books. "Really impressive though", he said to himself and started to look for his old university library card.



Credit where credit's due...

Members of Ipswich East RC continue to do sterling work at Trinity Park and Woodbridge Mass Vaccination Centres.

With the generous help of Steve Flory (Mr Hudson Signs) we have now 'badged' on the sites and getting noticed by the visiting public.

The gazebo is providing somewhere for the duty marshals to shelter in those rare moments when the car park is quiet.

We are clearly going to be up there for several months to come so there are various plans to install chairs, table, coffee machine, magazines, BBQ... hot-tub



Jo gets (very) muddy!

Saturday (06/03) was meant to be my last long run before THE BIG DAY(Orwell Challenge).

I had planned a 24km trot - just over half of the full distance. So I thought I'd get a taste of what I'm letting myself in for and have a run along the river - why not?!

I even checked the tide and set off just after 6.30 am so I'd have plenty of time to complete the run and get back for brekkie and Rotary President Elect training Zoom at 10.00 am. Easy!!

Needless to say that things didn't quite go to plan.

The first couple of miles along the foreshore were perfectly fine and actually rather lovely! A chilly but bright morning, with not a breath of wind or a soul in sight. Caught sight of an owl and heard a woodpecker in the distance. Nice and soft underfoot and not too squelchy.

However, things started to get a bit heavy going and I tried to scramble up the bank to get back on the higher path, but was faced with a sturdy barbed wire fence and a distinct lack of a path.

So I was left with no choice but to brave the mud and thought I could just hop and skip over one patch. That was a big mistake!! [contd.]



I ended up up to my knees with one shoe almost lost in the mud! At this point I faced the choice of laughing or crying - I chose laughing!! I was clearly not the only idiot who'd tried this as I noticed another line trainer stuck in the same mud as I was sloshing about trying to rescue mine!

Anyway, I carried on my merry way and reached Levington Marina without any further drama.

Note to OC working party - the scaffold boards put down a couple of years ago will definitely need attention. One board has completely rotted through and the whole stretch is dodgy.

The board walk a bit further along is lethal and will need completely replacing (don't think we maintained that bit before).

There's also a part of the Cliff path where the path has completely fallen away. It's passable but definitely a H&S red flag.

Sadly I ran out of time (didn't want to miss the PE training!!) so for the first time in my entire training I bailed out and rang home for a lift! I'd only managed 12K but it did take a while - and my hamstring was complaining so thought I'd call it a day.

Absolutely filthy dirty but strangely it was really good fun!!

Jo continues in another related vein...

My training so far this year has entailed another 250K of 'trotting' to date, but I've realised that this level of exercise is beginning to take its toll physically and mentally.

Whilst the training has been a welcome diversion during lockdown, I am now starting to feel slightly stressed at the thought of running and have decided I need to bring things to a close sooner rather than later.

Having got this far however, I don't want to bail completely. As I can't face the prospect of another 6 month's training, I aim to run my own virtual marathon at the Easter weekend.

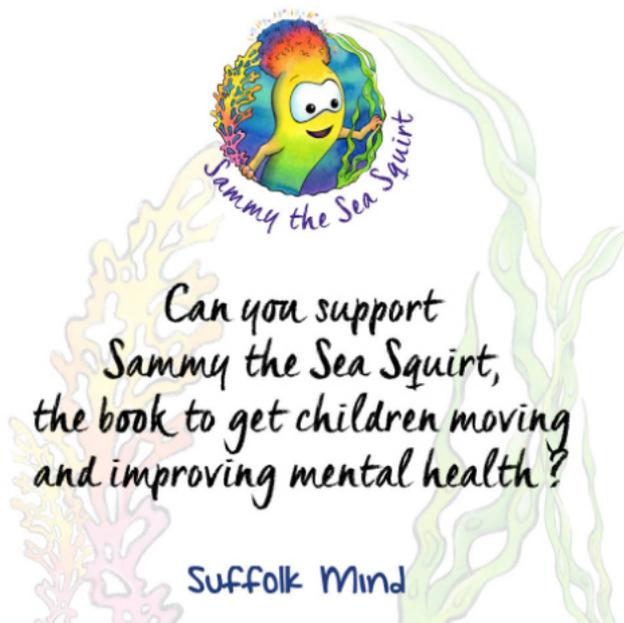
I've been training now for 14 months and it's been a really hard slog (especially as I don't like running!) so I'd be so very grateful for your support in helping to spread the word by sharing my Just Giving page on your social media platforms.

<https://www.justgiving.com/crowdfunding/jobanthorpe>

I have decided to split my fundraising 50:50 between Suffolk Mind's new 'Sammy the Sea Squirt' initiative

<https://www.ipswichstar.co.uk/news/education/suffolk-mind-sammy-sea-squirt-book-appeal-7803108> and our own Benevolent Fund, to hopefully boost our emptying coffers.

Every little helps - the pounds and pence will all add up! Thank you



New Interactive Science Centre in Ipswich

Charlotte (Charlie) Daniels,
Hub Project Manager of Kinetic Science & Adventure writes...

I work for a STEM charity called Kinetic Science - we are dedicated to making science accessible for all children and young adults. We are in the process of expanding, and will be launching an **Interactive Science Centre** in Ipswich later this year.

I am writing to invite members of The Rotary Club of Ipswich East to join our focus group and therefore support this new venture. I think we have an exciting opportunity to build a fantastic educational resource for young children in the area.

More will be revealed shortly, however I can advise that the centre will have some space and astronomy-themed exhibitions and workshops. Our activities and displays will cover Key Stage 1 & 2 topics.

I'll be project managing the opening of this centre. The focus group will kick off on Tuesday 16th March at 4pm for a period of 6 weeks. It will take one hour a week via Zoom, discussing themes including branding, exhibits and workshops, and after-school clubs.

We are in the process of discussing incentive items for focus group participants but it will likely be in the form of a voucher, and for those with children a free visit to the centre when it opens.

Please do let me know whether you or fellow members can join this focus group and offer opinions.

I very much hope your members will consider joining our group.

With thanks and best wishes, *Charlotte*

If you are interested in this very interesting project, contact charliedaniels1987@gmail.com

So who are Kinetic?

(Pasted from their website <http://kineticscience.co.uk/about-us/>)

We are an organisation, created in 2014, to inspire and enthuse children and young people to consider a career in Engineering, Science, IT and Maths as well as bringing the curriculum alive and allowing all to reach their potential.

Our first two years has been to develop our Outreach programme which means we have taken science and maths into schools. We have also had public engagement money to set up our "Lab in a Library" which has been inspired by the Institute of Physics and working with them on their "Lab in a Lorry". The Library workshops have been in libraries across Suffolk and Norfolk where we take our science and maths to the local community and they join in for the price of £2/£3 per head for a two hour workshop. We had 32,000 people access our project in it's first year and we now have Board Members, enthusiastic educators, staff and an inspiring group of volunteers. We take science to science festivals, public events like Xmas Street Fairs, Suffolk Show/Norfolk Show etc. and we are now about to embark on the next stage of the project.

We wish to expand our Outreach offering and presently we offer mini exhibits, mini experiments, Forensic Science, Digital Forensics, Pop-up Planetarium and Astronomy nights. Our Tropical Rain Forest experience and Mini Beast Roadshow, Team Building/Problem Solving and Maths roadshow are also very popular.



Ipswich East / Ipswich Mass Twinning

The International Committee announce that the revised confirmed dates for **Ipswich East** to visit **Ipswich Mass** are **Wednesday 31st August to the 7th September 2022**.



Members are asked to email George McLellan with their 'expressions of interest' as soon as possible and those who are 'thinking about it', should make a diary note now.

Ipswich East Rotary Club *Benevolent Fund*

Preparations are underway for the next distribution from the Benevolent Fund in May.

The Hon Treasurer anticipates that £6,000 could be available.

As usual, tangible projects are sought.

In addition there is £3,000 available for immediate use for hardship caused by the Covid crisis and there is a further £500 available for hardship in our local area.

Please forward any applications to the club secretary.

Applications for hardship caused by the Covid crisis can be progressed very quickly.

Email the Hon Sec Tony Baker) for a pro-forma to make an application.

CCIS (Cancer Campaign in Suffolk) is offering everyone the chance to be the proud owner of a painting by Ed Sheeran.

CCIS are selling raffle tickets - so everyone stands the same chance and at the same time raise much needed funds for this small but important Charity serving the people of Suffolk.

The website and Ed's video can be viewed here on this CCIS website (a clickable link is provided in the covering email to this newsletter. (www.ccisuffolk.org?raffle/1/ed-sheeran-painting) You are also able to purchase the raffle tickets via the website.

Thank you in anticipation of your support,
John Button (Trustee of CCIS).





Ipswich East Inner Wheel News

The recent zoom quiz we held raised £210 and the Inner Wheel Club has made the total amount up to £250 to be donated to the Teenage Cancer Trust.



Readers will recall that our long standing member Betty Whyman passed away last November. Donations made after her funeral raised just over £800 which has since been donated to 4YP.

The photograph on the left shows two valued members: Claire Lunney and June Smith who are now living in adjacent rooms at Norwood in Park Road Ipswich.

In this smaller photograph (taken from a video on the Norwood Facebook page) Claire is blowing out candles on a cake celebrating her recent 88th birthday - June is on her right.



We met via zoom on Tuesday 2nd March for a business meeting. (picture below)

Members were pleased to welcome the District Chairman, Deidre Griffin..

We heard how well the club had been responding during lockdown with fund raising activities including Rosies masks, Ruth's preserves, a socially distanced carol service, Catherine's swim back across the channel and the entertaining Zoom quiz organised by Monica.

In addition, the Christmas collection of items benefited Lighthouse, 4YP and the Salvation Army Hostel. Monica has produced a fantastic year for us in lockdown.

Deirdre spoke of the challenges that Inner Wheel is facing in these Covid times. The Association's AGM will be held online and there is plenty to discuss. This year the International Convention was due to be held in India. This will now also be on-line and Deirdre will be proxy voter for the club.

We have a new Club Executive and Committee lined up for next year. **Catherine Forsdike will be our President for our 50th year.** Her mother Val was a founder member. Hopefully we will be able to celebrate in style.



Someone didn't think this through...

The sign on the right instructing pedestrians to move to the left has been in place outside my home for months to warn pedestrians to avoid the broken access cover on which it stands. Now 'Volker' have got around to repairing the mess they made of the pavement in the autumn, the lads have put "footpath closed" signs alongside.

We're expecting bemused pedestrians to be wandering up our driveway looking for the continuation of the pavement! A little example of a lack of joined up thinking.

Alan Forsdike



Photographic Memories of the Ipswich East Rotary Club's Club Assembly 2013

A very smiley Steve Flory was President and Graham Bickers was incoming president so it was really his evening. Maureen Reynell from FIND was guest speaker accompanied by her husband Widge.

[Seeing these pictures makes me wonder, 'When did I last have the need to dress up for something?' - Ed.]





Forward Programme of Meetings

Tuesday 23rd March	Zoom Club Meeting with guest speaker (tba) <i>Duty Rotarians: Ian Lord (VoT), Ross Lunney (notes)</i>
Tuesday 13th April	Zoom Club Meeting with guest speaker (tba) <i>Duty Rotarians: George McLellan (VoT), Ed Nicholls (notes)</i>
Tuesday 27th April	Zoom Club Meeting with guest speaker (tba) <i>Duty Rotarians: Bob Parker (VoT), Bill Pipe (notes)</i>
Tuesday 11th May	Zoom Club Meeting with guest speaker (tba) <i>Duty Rotarians: Richard Porter (VoT), Toby Pound (notes)</i>
Tuesday 25th May	Zoom Club Business Meeting (<i>grant distribution put to member vote</i>)
Tuesday 8 th June	Zoom Club meeting with guest speaker (tba)
Tuesday 22 nd June	Zoom Club meeting with guest speaker (tba)
Tuesday 13th July	Zoom Club meeting with guest speaker (tba)
Tuesday 27th July	Zoom Club meeting with guest speaker (tba)



Our last Club meeting on 23rd February fortuitously fell in the 116th Anniversary of the start of Rotary.

We were pleased to say “Happy Birthday, Rotary” and watch the commemorative video presented by RIBI President Tom Griffin, a well-established friend of our club and member of Woodbridge Deben Rotary Club.

This space is for you!

If you've anything to share let the Editor know.

The advantage of a digital newsletter is that it can be infinitely expanded to accommodate anything worthy of publication.

(Send to alan.forsdike@gmail.com and he will decide!)